

Quantico Sentry

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February 15, 2007

Wounded Marines given VIP treatment

By Staff Sgt. F.B. Zimmerman
Public Affairs Chief

Nearly 50 combat wounded Marines were treated to every football fan's dream Feb. 4 as they were given the opportunity of attending Super Bowl XLI in Miami, courtesy of the Cleveland Browns.

This was the second year in a row the Browns organization has donated 50 tickets to the game for wounded veterans, according to Staff Sgt. Shawn Tart, operations chief for Marine 4 Life Injured Support, who also acted as an escort for the trip. Making the trip were Marines from the National Naval Medical Center in Bethesda, Md.; Walter Reed Army Medical Center in Washington, D.C.; and the Wounded Warrior Barracks at Camp Lejeune, N.C., along with several injured Marines from the local Marine Corps Reserve Center in Hialeah, Fla.

"It was great – very smooth," said Maj. Peter Ortell, head of the Traumatic Servicemembers' Group Life Insurance program within the Marine 4 Life program.

Throughout the trip the Marines were given VIP treatment, and had a big welcome waiting for them in Miami, Ortell said. As the C-9 from Marine Corps Air Station Cherry Point's Marine Transportation



By Maj. Peter Ortell

Lance Cpl. Joshua Bleill, center, holds himself up out of his wheelchair at the position of attention during Billy Joel's singing of the national anthem at Super Bowl XLI in Miami Feb. 4. Bleill and nearly 50 fellow combat wounded Marines attended the game courtesy of the Cleveland Browns.

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Breakfast continues legacy, leadership

By Cpl. Sha'ahn Williams
Combat Correspondent

Quantico's Black History Committee and the Quantico Chapter of Blacks in Government proudly presented the 7th Annual Black History Month Prayer Breakfast at The Clubs At Quantico Feb. 8.

While many of the guests used the breakfast as a time to catch up with old friends and possibly

make new ones, the event serves as a platform to introduce the base to the rest of the black history programs that are scheduled for the month, as well as to share black culture with others.

"We are a group of people with a proud heritage, and we want to show others that we always persevere, prosper and overcome," said Tanya Alexander, event coordinator.

Alexander may have gotten her wish, as the

room was packed with a multicultural audience of people from all over the base and all walks of life, including Marines and civilians, as well as special guests from the neighboring counties.

Base sergeant major, Sgt. Maj. Raynard Watkins, opened the breakfast with a welcome speech, which was quickly followed by a prayer to bless the food before everyone enjoyed

See Legacy, Page A5



By Cpl. Sha'ahn Williams

Maj. Gen. Cornell Wilson (left), director Reserve Affairs Division, Headquarters Marine Corps, and Lt. Gen. Ronald Coleman (right), deputy commandant Manpower and Reserve Affairs, eat breakfast and share fellowship at the 7th Annual Black History Month Prayer Breakfast Feb. 8 at The Clubs At Quantico. The breakfast was sponsored by Quantico's Black History Committee and the Quantico Chapter of Blacks in Government.



A3 NMCRS fund drive

Navy-Marine Corps Relief Society fund drive kicks off Feb. 23.



B1 Intramural

EWS tops OCS on the hardwood.



C1 Candidates complete LRC

Officer candidates learn leadership and teamwork at Leadership Reaction Course.

News Briefs

Shooting badges mandatory

As issued by the commandant of the Marine Corps' military secretary, effective immediately, shooting badges will be worn with the Service "A" and the Blue Dress "B" uniforms while in the National Capital Region. However, shooting badges will not be worn with the Service "B" uniform.

Uniform change for Marines assigned to the National Capital Region

In accordance with ALMAR 054/06 there has been a change of policy regarding the authorized wear of the utility uniform. This policy will be in effect for all Marines assigned to the National Capital Region, on temporary duty within the NCR, or participating in official events within the NCR, in other words all Marines north of the beltway.

The utility uniform may be worn within the Pentagon, the Navy Annex, or any other military facility. Marines may wear the utility uniform to and from their domicile if they are commuting in their privately owned vehicle. Marines may only stop at automatic teller machines or the drive-through of a fast food restaurant so long as they remain in their vehicle at all times. The utility uniform is not authorized for use while on leave or liberty off-base, on any form of public-transportation, including commuter slug lines, or at any Department of Defense or civilian facility. Marines south of the beltway will continue to fall under the Quantico Base uniform policy and not be subject to these changes.

Division Marines, Japanese soldiers share infantry tactics

By Lance Cpl. Juan D. Alfonso
Marine Corps Base Camp Butler

OYANOHARA MANEUVER AREA, KYUSHU, Japan – Marines with Combat Assault Battalion, 3rd Marine Division, and Japanese Ground Self Defense Force soldiers with 1st Combined Brigade, Western Army, from Camp Naha, conducted infantry tactics training Jan. 29-Feb. 1 at the Oyanohara Maneuver Area, Kyushu, Japan, during Exercise Forest Light 2007.

Forest Light is an annual bilateral field training exercise between III MEF and the Japan Ground Self-Defense Force. The goal is to improve the knowledge of one another's weapons and tactics and the ability to work together.

The initial three-day training package was part of a week of familiarizing each military organization with the other's infantry tactics in preparation for

an integrated training exercise later, according to 1st Lt. Travis C. Rape, the commanding officer for CAB's Combat Engineer Company.

During the training, Japanese soldiers demonstrated how they conduct their tactics, training and procedures in the mornings while the Marines presented their skills in the afternoon.

"We decided to perform the training in this manner to give each other the opportunity to observe the other's TTPs and to provide a mutual learning experience," Rape said. JGSDF conducted live-fire exercises Jan. 30 with Type-89 5.56mm rifles, 5.56mm MINIMI medium machine guns and mortars. The Marines followed their allies by firing M-249 Squad Automatic Weapons and M-240G medium machine guns. "It was pretty interesting watching the (JGSDF) fire their weapons," said Lance Cpl. Matthew L. Reynolds, a combat engineer with the company. "It wasn't what I expected. They



By Lance Cpl. Juan D. Alfonso

Lance Cpl. Travis S. Adams patrols the Oyanohara Maneuver Area, Kyushu, Japan, Jan. 31 while soldiers with the Japanese Ground Self Defense Force look on during a tactics demonstration that was part of Exercise Forest Light 2007. The JGSDF soldiers, based in Camp Naha, later demonstrated their tactics for the Marines.

brought two weapons instead of one and switched back and fourth between them instead of having two men operate one machine gun."

But for all the similarities and differences of the two organizations, interoperability remained the focus, Rape said.

"Their (tactics and procedures) are very similar to our own," Rape said. "In some ways our structures are different, such as the number of people we put per (crew-served) weapon, and we function with fewer officers, but there is a lot we can learn from one another."

The integrated exercise, where the two units will conduct simulated attacks and patrols side-by-side, was scheduled to begin Feb. 7.



By Lance Cpl. Juan D. Alfonso

Pvt. Jonathan Clendenin fires his M-249 Squad Automatic Weapon Jan. 30 at the Oyanohara Maneuver Area, Kyushu, Japan, during Exercise Forest Light 2007.

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Quantico Sentry

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Navy-Marine Corps Relief Society fund drive kicks off this month

By Col. Charles A. Dallachie
Base Commander

This year's Navy-Marine Corps Relief Society Active Duty Fund Drive will begin Feb. 23 and last until Mar. 30.

Our fund drive success is dependent on your personal commitment and involvement. We must set the tone for everyone within our respective organizations to meet this year's goal of \$200,000. Please ensure that every Marine and sailor in your com-

mand is notified about the NMCRS; its great work on behalf of our men, women and their families, and its reliance on donations by Marines and sailors.

There will be a fund drive meeting to provide training and information for commanders, their activity chairpersons, and key personnel at 2 p.m. Feb. 23 in the Gen. Alfred Gray Research Center's auditorium. The meeting will in-



clude an overview of the NMCRS, discussion of this year's fund drive objectives, and chairman/key personnel training.

The 2007 Quantico NMCRS Fund Drive coordinator is Capt. Susan E. Craig. For more information about this year's drive, contact Craig at (703) 784-3773 or susan.craig@usmc.mil.

The key to success is an early, strong commitment. Our Navy and Marine Corps family deserve nothing less! Thank you in advance for your support.

'Ties that bind': Belleau Wood regiments continue long history together

By Sgt. Stephen M. DeBoard
Regimental Combat Team 6

CAMP FALLUJAH, Iraq – The French Fourragere is one of the most distinctive and unique accessories for the Marine Corps uniform. It is a braided rope of intertwined green and red cords worn around the left shoulder, used to identify a unit that has twice earned the French War Cross with Palm Leaf. Only two Marine units have ever been so awarded: the 5th and 6th Marine Regiments, for their valor, courage and stoicism in the face of overwhelming odds at the Battle of Belleau Wood in World War I.

Like the Fourragere, the histories of the two storied

regiments have been intertwined since that battle, looping and weaving through Guadalcanal, the Vietnam era and Desert Storm. On Jan. 24, another chapter closed in battle history of the regiments who earned the nickname "Teufelhunden" from the German army 90 years ago. Redesignated temporarily as Regimental Combat Teams 5 and 6, respectively, 5th Marines transferred authority over their area of operations to 6th Marines.

"These two regiments were born during a time of national crisis and have served our nation in every clime and place since 1917," said Col. Larry D. Nicholson,

See Belleau, Page A5

DEERS/RAPIDS ID Card Center

Quantico's Defense Enrollment Eligibility Reporting System/Real-Time Automated Personnel Identification System Identification Card Center is currently operating under the following schedule:

- Monday 7 a.m. to 4:30 p.m.
- Tuesday 7 a.m. to 4:30 p.m.
- Wednesday 7 a.m. to 8 p.m.
- Thursday 7 a.m. to 4:30 p.m.
- Friday 7 a.m. to 4:30 p.m.

Additionally, the DEERS/RAPIDS ID Card Center has implemented a "by appointment" policy as well as the current "walk-in" policy. Customers may call (703) 784-2750 to schedule an appointment with the DEERS/RAPIDS ID Card Center. The DEERS/RAPIDS ID Card Center will continue to support "walk-in" customers; however, as with all "appointment-based" services, emphasis will be placed on those customers who have made appointments, which could lead to excessive wait-times for "walk-in" cus-

tomers.

ID Card services are also available to all U.S. military personnel at other facilities located throughout the National Capitol Region and the Washington-area ID Card issuing facilities are as follows:

- Anacostia NAS, D.C. (202) 433-2799, Military Personnel Office, Bldg. 92, 1st Floor, Washington, D.C. 20373-5803
- Army National Guard Bureau (703) 607-7119, 111 South George Mason Drive, Arlington, VA 22204
- Andrews AFB, Naval Air Facility (301) 981-5845/5764/3457, Personnel Support Detachment Bldg. 3282 located on Navy side of base across from hangar 13/14 Camp Springs, MD 20762
- Bethesda Naval Hospital, MD (301) 295-2161, Detachment Bldg. 8, Room 2213
- Bolling AFB MD (202) 767-4440, Finance Bldg. 5681, Suite 2, Room 220, Washington, D.C. 20332
- Fort Belvoir, VA (703) 805-

3405/3341/4428/4429, Bldg. 213, 20th Street, Fort Belvoir, VA 22060

- Fort Myer, VA (703) 696-3030, Bldg. 202, Basement Behind Officers Club, Fort Myer, VA 22211
- Fort Meade, MD (301) 677-6031/6032, Bldg. 4215, Room 111, Roberts Ave., Fort Meade, MD 20755
- OSA Military Personnel (703) 602-1076/0347 (DSN 332-1076/0347), 2531 Crystal Drive NC3, 9th Floor, Suite 9W20 Crystal City, VA 22202
- Pentagon USAF (703) 697-3230, Room 5A286
- Pentagon USN (703) 697-1022/4150, Room 4A664
- Pentagon Pass & ID (703) 697-8111, Room 4C1057
- Quantico Marine Base, VA (703) 784-2758/2750/2759, Military Personnel Branch, Bldg. 2034, 102 Barnett Ave., Quantico, VA 22134
- Walter Reed Army Medical, D.C. (202) 782-7758/7759, Bldg. 11, Room I-86, 6825 16th NW, Washington, D.C. 20307-5001

News Briefs

Transition assistance program seminar

The Career Resource Management Center's transition assistance program seminar is scheduled for Feb. 20 to Feb. 23. All military personnel who are registered to attend the seminar, please be advised that the holiday schedule for the TAP Seminar does not apply. Class will begin promptly at 7:45 a.m. Tuesday. If you miss the first part of the seminar you will have to sign up for the next available seminar. The seminar will be held in Little Hall's classroom No. 2. For additional information, contact the CRMC staff at (703) 784-2511.

Pharmacy opens additional window

The Pharmacy Department has added a fourth window, the Pharmacy Help Desk. The new window is established to improve customer service and efficiency. Each patient will see a pharmacy technician before receiving a ticket and waiting. The technician will be able to answer all questions, including whether or not certain medications are in stock or whether the provider has put in the prescription to be filled at the beginning of the patient's visit to the pharmacy. The processing of prescriptions at the three main windows will then be more efficient as all prescriptions have been reviewed.

The new Pharmacy Help Desk is located to the right of the information desk next to Pediatrics. Customers can walk-in or call (703) 784-1580 or (703) 784-1725 option 4 Monday through Friday from 8 a.m. to 4:30 p.m. to receive pharmacy information, check to see if their prescription is available, and see if the medication is in Quantico's formulary.

Quantico's health clinic ambulatory services

Quantico's Naval Health Clinic is staffed and equipped to provide non-emergent, quality ambulatory healthcare. Walk-in appointments and emergency services are not available. For emergencies, go to the nearest emergency room or dial 911. Emergency services can be received through the following locations:

- Mary Washington Emergency Room (Fredericksburg, Va.) (540) 741-1111
- Potomac Hospital Emergency Room (Dale City, Va.) (703) 670-1281
- Dewitt Army Hospital (Fort Belvoir, Va.) (703) 805-0518 or (703) 805-0510
- National Naval Medical Center Bethesda, Md. (301) 295-4611

For more information regarding Quantico's services, contact the clinic's Public Affairs officer at (703) 784-1534.

Mentors needed for youth program

By Cpl. Sha'ahn Williams
Combat Correspondent

Quantico has become one of the newest locations for the Navy's Drug Education for Youth program.

Slated to begin in July, DEFY is a free mentorship program for 9- to 12-year-old children of military service members and civilian Department of Defense employees.

It consists of a weeklong summer leadership camp and a year of follow-on mentoring once a month that strengthens the youth by providing them with the resistance and life skills needed to avoid the pitfalls of involvement with drugs, gangs and crime.

Lessons on study skills, violence prevention, personal safety, diversity and conflict resolution, and Internet safety are other key components of the program.

"We feel fortunate to add Quantico to the list of DEFY program locations this year," said Timm Bentley,

program manager.

The Marine Corps Security Battalion Military Police Company is spearheading the launch of the program and is actively seeking volunteers to act as mentors and counselors.

"In order for DEFY to be successful, it needs military members, their spouses and civilian employees in the area, who have the time and desire to make a difference in a child's life," said 2nd Lt. Juan Camarena, services officer.

Qualified volunteers must undergo a separate training and screening process, which includes anger and stress management classes, Cardiopulmonary Resuscitation certification, and an investigative background check.

"Parents can be assured their children will be safe in our hands," Camarena said.

DEFY is offered at no cost to Navy or Marine Corps bases. The Department of the Navy funds both

supplies and training for the program, and according to Camarena, the program's benefits to families on base are priceless.

"DEFY provides children with positive role models, mentoring and community outreach to improve the quality of life for military personnel and their families. It is organized into two phases that will produce graduates who possess character, leadership and confidence to engage in productive lifestyles as drug-free citizens," he said.

DEFY begins with either a five-day residential or an eight-day non-residential camp program. This challenging, fun-filled week in the summer is followed by a year of mentoring.

Both phases of the program combine education on health, physical fitness and life skills. It gives children the skills they need to grow up in a world that will present them with a potentially confusing array

of choices, said Bentley.

"There isn't one thing I dislike about DEFY," Camarena said. "It's a safe environment on base, it's military directed and it gives the parents a bit of a break when their children or child is away from home all day."

"It is important for those interested in volunteering to contact us immediately so we can start planning for this year's camp," Camarena added.

Since its inception in 1993, more than 35,000 youth have graduated from the DEFY program and locations can be found at Navy and Marine Corps bases around the world.

For more information about becoming a counselor for DEFY and/or enrolling your child in the program, call Camarena at (703) 784-4170.

To learn more about the DEFY program, visit www.hq.navy.mil/defy.

Injured Marines receive Super Bowl honor

Warrior from page A1

Cherry Point's Marine Transport Squadron One taxied to its parking spot at Miami International Airport on Super Bowl Sunday, they were greeted by about 40 police cars and fire trucks. They were "saluted" by the trucks' water cannons as they shot arches of water over the plane.

As the Marines came off the aircraft they were greeted by an honor guard and District 12 commissioner "Pepe" Diaz, a former Marine, who read a proclamation and presented the Marines with keys to the city. The group was then transported to the Reserve

center with a police escort the entire way, Ortell said. There they were given a reception by Marines of the center, members of the local Marine Corps League, and Young Marines. The injured Marines also had several high-profile guests who waited there to see them - Hulk Hogan and The Big Show from World Wrestling Entertainment.

Hogan was honored to be there and meet "the real heroes," according to one Marine who was in attendance.

"Hulk Hogan and The Big Show stuck around to see the Marines even though we were running late," Tart said. "They didn't care about getting media attention; they just

wanted to spend some time with the Marines."

After the reception the group was again given a police escort to the stadium, where they were escorted in through the VIP entrance to their seating area, which was in the bottom section of the one end zone. Ortell said they checked an online ticket agency before heading to the stadium, and tickets in their section were going for \$9,500 each - face value for each ticket was \$600.

Despite the rain, Ortell said the energy level in the stadium was incredible and the pregame production was over the top.

Tart said he could see the Marines fill with pride as the Quantico Marine Corps Band took the field during the pregame show.

"They all came to attention, or some sort of physical attention when they played The Marines' Hymn," Tart said. "The overwhelming thing was when the Iwo Jima Marines came out [Marines who reenacted the flag raising on Iwo Jima] ... The Marines took the Super Bowl, the Marines landed."

As the game got underway fans sitting around the injured Marines eventually learned who they were, and the generosity began, Ortell said.

"There were some Chicago Bears fans sitting around them and when they found out they were Marines, they bought them whatever they wanted the rest of the night," he said. "They probably spent between \$200 and \$300."

Tart said he saw the same thing as football fans would find out why the group was there. He said they would shake the Marines' hands, hug them and ask them if there was anything they could do for them.

For one of the injured Marines who made the trip, the experience was surreal.

"I was shocked [when told he was going to the game], not many people get the chance to go the Super Bowl because it costs so much," said Lance Cpl. Carlos Lopes, a combat engineer who was on the trip. "It was an unreal experience being flown down to the Super Bowl and given the VIP treatment ... people were looking at us like, 'whoa, who are these guys.' The experience makes everything worthwhile."

Lopes was injured on Nov. 18, 2005, in Husaybah, Iraq, when a fellow Marine fell off a roof about 40 feet above him and landed on his head, breaking several cervical vertebrae and compressing multiple discs in his spine. He's

said he's "getting there" physically, but still attends physical therapy and goes to the chiropractor several times a week.

Even though each injured Marine was given \$200 spending money for the trip from the Injured Marine Semper Fi Fund, Lopes said they didn't really need it.

"People were making sure we were taken care of," he said. "I didn't spend much money because people were taking care of us so well."

Lopes said from start to finish the trip was great.

"I felt really honored ... it was a humbling experience," he said. "I felt like I was on top of the world, you can't beat that."

It took hard work from roughly 100 people to pull this trip off, according to Ortell. He said the effort was worth it.

"The whole trip was one of the most humbling experiences of my life," he said. "Being with those guys for that 48 hour period was great ... it was good to be a part of it."

Tart said the trip was just another example of "Marines taking care of Marines. Everyone doing what they could to give those guys the treatment they deserve. Semper Fidelis."



By Ryan Holloway

Hulk Hogan, left, and The Big Show, just behind him, talk to the injured Marines at the Reserve Center in Hialeah, Fla., Feb. 4. Despite being more than an hour late, the wrestlers waited as long as they needed to in order to meet the Marines.

Black History committee celebrates 7th Annual Black History breakfast

Legacy from page A1

the buffet-style cuisine.

The honored guest speaker of the hour was Rev. Dr. Joel Nelson, associate pastor of Shiloh Baptist Church in Fredericksburg.

Nelson's speech was about leadership, and how the increase of good leaders will take the black community further into

the millennium by continuing the legacy of the civil rights leaders of the 1960s.

He later spoke about the characteristics all great leaders have, simplifying it in four words.

"Identity, integrity, intimacy, and influence are what good leaders possess," he said. "When you know who you are, you can go against what others want you to be. Having integrity pushes you to do what you say you will

do. Leaders spend time with their people. The leaders of the sixties were on the front lines and were the first to get sprayed with the hoses; the first to be thrown in jail. They never thought of themselves as above their followers. And lastly, they influence change by being the example and giving encouragement."

When Nelson's speech was over, the room was silent then exploded as everyone jumped to their feet in a standing ovation.

"Everything the reverend said could be applied to your personal and professional life," Watkins said. "His speech was powerful, because it applied to Black History Month and Marine Corps life as well. Any good leader in the Marine Corps should have the traits he talked about."

To close out the breakfast, William Jones Jr., chairman of the Black History Committee, led the room as they sang, "Lift Ev'ry Voice and Sing," which is recognized as the Black national anthem.

"I hope my speech gives hope to the future of black America," said Nelson. "There are so many struggles we face every day in society and we want to pass that message of hope on."



By Cpl. Sha'ahn Williams

William Jones Jr., (left) chairman of the Quantico Black History Committee, gives honored guest speaker, Rev. Dr. Joel Nelson, associate pastor of Shiloh Baptist Church in Fredericksburg, a figurine of the late Richard Allen, the founder of the first African Methodist Episcopal Church, as a gift for speaking at the breakfast.

Marines continue long history together with Belleau Wood regiments, victories

Belleau from page A3

commanding officer, RCT-5. "It's fitting that during this time when our nation needs us the most, Marines from 5th and 6th Marine Regiments are answering that call."

RCT-6, commanded by Col. Richard L. Simcock, was handed a region in transition. Great strides in Iraqi Army and Iraqi Police readiness and cooperativeness with Coalition Forces were made during RCT-5's tenure in Al Anbar. Simcock said his 6th Marine Regiment is intensely focused on perpetuating the standard set by its predecessor.

"We look forward to continuing with the successes that our predecessors have achieved," he said. "Regimental Combat Team 5 has done a phenomenal job in the area of operations. The Marines and

Sailors of the 5th Marine Regiment deserve a great deal of credit in being the supporting element for the Iraqi Army and Iraqi Police."

Training and preparing Iraqi Security Forces for an ever-increasing role in their country's transition is the regiment's main focus of efforts. Gunnery Sgt. Darryl J. Smithson, Iraqi Security Forces liaison for RCT-6, is responsible for coordinating and overseeing the numerous Police Transition Teams in the area of operations responsible for training Iraqi Police.

"RCT-6 is picking up the critical mission of supporting military and police transition teams in efforts to equip, train and mentor the Iraqi Security Forces," said Smithson, a native of Warrensburg, Mo.

With the handover complete, RCT-6 takes control of numerous subordinate units, each of which will rotate separately into and out

of the area of operations. These subordinate units include infantry battalions from both East and West Coast commands, as well as support units such as artillery, engineers and tanks.

The command and control provided by RCT-6 and the tactical abilities of each of the subordinate units combine to make a formidable coordinated effort in transitioning the security responsibilities to Iraqi Security Forces.

The sacrifices of time and flesh given by Marines throughout history in the name of national defense will not be soon forgotten by a grateful America. From Belleau Wood to Operation Iraqi Freedom, Marines from the 5th and 6th Marine Regiments have distinguished themselves time and time again as being eminently capable of handling whatever the mission may throw at them.

News Briefs

New Employee Orientation

A new civilian employee orientation is scheduled for Tuesday from 8 a.m. to 3:30 p.m. at the Gen. Alfred M. Gray Research Center. This orientation is highly recommended for all new civilian employees located at Quantico. It is designed to provide basic information and points of contact from subject matter experts in Security, Legal, National Security Personnel System, Human Resources and Organizational Management. Employees who have not attended this orientation are encouraged to do so. Employees who attend will meet their yearly requirement for Prevention of Sexual Harassment.

To register for the course send an e-mail to the Headquarters Marine Corps training office at smb.hqmc.arhb.trng@usmc.mil. For more information please call course registrar at (703) 614-2409.

Railroad crossing closed

The Potomac Avenue CSX railroad crossing will closed Feb. 15 through Feb. 22 for repairs. Security Battalion will open gate No. 3 to detour traffic through the Martin Street overpass during the entire period of the CSX repairs.

Appointments can be made at health clinic

Quantico's health clinic has opened a new walk-up appointment desk for patients enrolled at Quantico. The appointment desk is located to the left of the Pediatrics Clinic. The hours of operation are from 7:30 a.m. to noon and 12:30 to 4 p.m. Monday through Friday. Patients can make acute, wellness, routine and follow up appointments, leave messages for their providers, verify existing appointments and cancel appointments for the Family Practice, Military Medicine and Optometry clinics. Patients should also book appointments by calling the appointment line at (866) Navy Med ((866) 628-9633).

Martial Arts Instructor courses

The Martial Arts Center of Excellence is conducting a Martial Arts Instructor Trainer Course from Monday to March 30. This course is funded through Training and Education Command, and is available to any Martial Arts Instructor that meets the prerequisites listed in MCO 1500.54. Seats are available on a first-come, first-served basis. Marines desiring to attend this course need to contact their unit's S-3 for further assistance. Units should reference the announcement posted on the Defense Message System with date time group 151542Z Nov 06. For more information, contact Gunnery Sgt. Brantley Friend at (703) 432-6471 or brantley.friend@usmc.mil.

DEERS/ID card center closure

The DEERS/ID Card Center will be closed Monday to observe Presidents Day.

For more information contact the supervisor at (703) 784-2758.

Ramadi's new mayor takes the lead on city's reconstruction

By Cpl. Paul Robbins Jr.
1 Marine Expeditionary Force

AR RAMADI, Iraq — The city of Ramadi has long needed strong leadership to make bigger steps in its reconstruction, and that leadership arrived recently in the form of a new mayor.

Latif Obaid Ayadah was appointed as Mayor of Ramadi in early January, filling a void in city leadership that had been abandoned for many months.

Hand picked by the Governor of Al Anbar, Latif has brought legitimacy to the city government with a strong work ethic and demand for results.

"The leaders of Al Anbar have been looking for a qualified person for quite some time," said Maj. Scott J. Kish, 38-year-old civil affairs team leader for 1st Battalion, 6th Marine Regiment. "(Mayor Latif) is someone everyone could agree to and approve of."

The appointment of Latif had an immediate affect on the city's government, bringing back multiple key leaders.

Prior to Latif's arrival, the city had only three active city directors, who supervised Ramadi's water, electricity and sewage.

Since his arrival, the number of directors has doubled as the directors of municipality, civil defense and industry returned to work with Latif, said Kish, a native of Sterling, Virg.

"For months we've said that all of the city's situations would improve with a strong mayor to hold the people accountable," said Kish. "In the short time he has been in office, that has been happening."

Mayor Latif has met with city leaders and Coalition Forces on many occasions during his first month, voicing concerns for a variety of issues on the city's reconstruction.

As the legitimate leader of Ramadi, Latif is now responsible for the review of all projects and contracts to rebuild the city.

"He will provide a sounding board for all reconstruction projects in Ramadi," said Kish. "Nothing will be approved unless en-

dorsed by the mayor."

Latif hopes to use the reconstruction projects for the city to increase employment for the residents of Ramadi.

With a focus on spreading the work throughout the city, Latif will increase the people's involvement in their own future.

"I want to give the work to those who have come forward to help secure our city," said Latif. "We don't want to concentrate on certain individuals, but spread the work to involve more of the people."

Although much of his focus will be on reconstruction efforts, Latif recognizes security as a vital factor in the city's success.

The growth of Ramadi's police force is the mayor's top goal for the near future.

"I hope for the return of all the police to the city for its security, because reconstruction cannot happen without it," said Latif.

Although not to full strength, the Ramadi police force has seen a significant rise in numbers over the last few months.

The support of local tribes



By Cpl. Paul Robbins Jr.

Mayor Latif Obaid Ayadah (left), newly appointed mayor of Ar Ramadi, Iraq, discusses local issues during a meeting on Feb. 8. Latif, appointed in early January, will head a council of local leaders to oversee the reconstruction efforts of the city.

has led to the recruitment of hundreds of local residents hoping to help the security situation in their neighborhoods.

The rise in volunteers for Ramadi's police force has been seen as a testament to the dedication of local residents in protecting their city.

"The tribal leaders bring their family into the police force, in the face of an insurgency, because they believe in fighting those who come from outside the city to force evil on its residents,"

said Latif.

Latif claims the people of Ramadi have grown sick of "paying the price" of the insurgents, leading to the rise in support.

With the renewed support of the people and growing security forces, Latif is confident Ramadi will continue to progress with time.

"The city has come a long way, but we need time to do more," said Latif. "God willing, we will return the life to this city."

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Progress of U.S.-Indonesian relations encourages Pace

By Jim Garamone

American Forces Press Service

JAKARTA, Indonesia – The chairman of the Joint Chiefs of Staff said he came out of meetings with Indonesian leaders Tuesday encouraged by the military-to-military progress the two countries are making.

Marine Gen. Peter Pace arrived here this morning from Australia as part of a weeklong trip to the region.

"I came to discuss how our two countries can cooperate and serve both our countries better, and how we might be better partners in the future," Pace said during a news conference following his meetings.

The chairman met with Indonesian President Susilo Bambang Yudhoyono, Defense Minister Ju-

wono Sudarsono and Air Chief Marshal Djoko Suyanto, the commander in chief of the National Defense Forces. His meeting with Yudhoyono was supposed to have lasted 30 minutes; it stretched to an hour.

The president and chairman discussed a full range of items, including more Indonesian officers and noncommissioned officers attending U.S. professional military education programs. They also discussed Iraq, regional issues and joint training opportunities, as well as Indonesia's contribution to the peace process in the Middle East. Indonesia has 800 soldiers in Lebanon under U.N. mandate, "helping that country and region find its way to peace," Pace said.

Pace said military training was a point in all his meetings in the In-

donesian capital. He said the United States would like more Indonesian officers to attend U.S. military schools. "The more international students in school, the broader the dialogue and the better the experience (for all)," he said.

The military leaders also spoke of the possibility of some U.S. service members coming to Indonesia to participate in training.

"All this builds the trust and confidence between the nations and helps both understand how each other operates," he said.

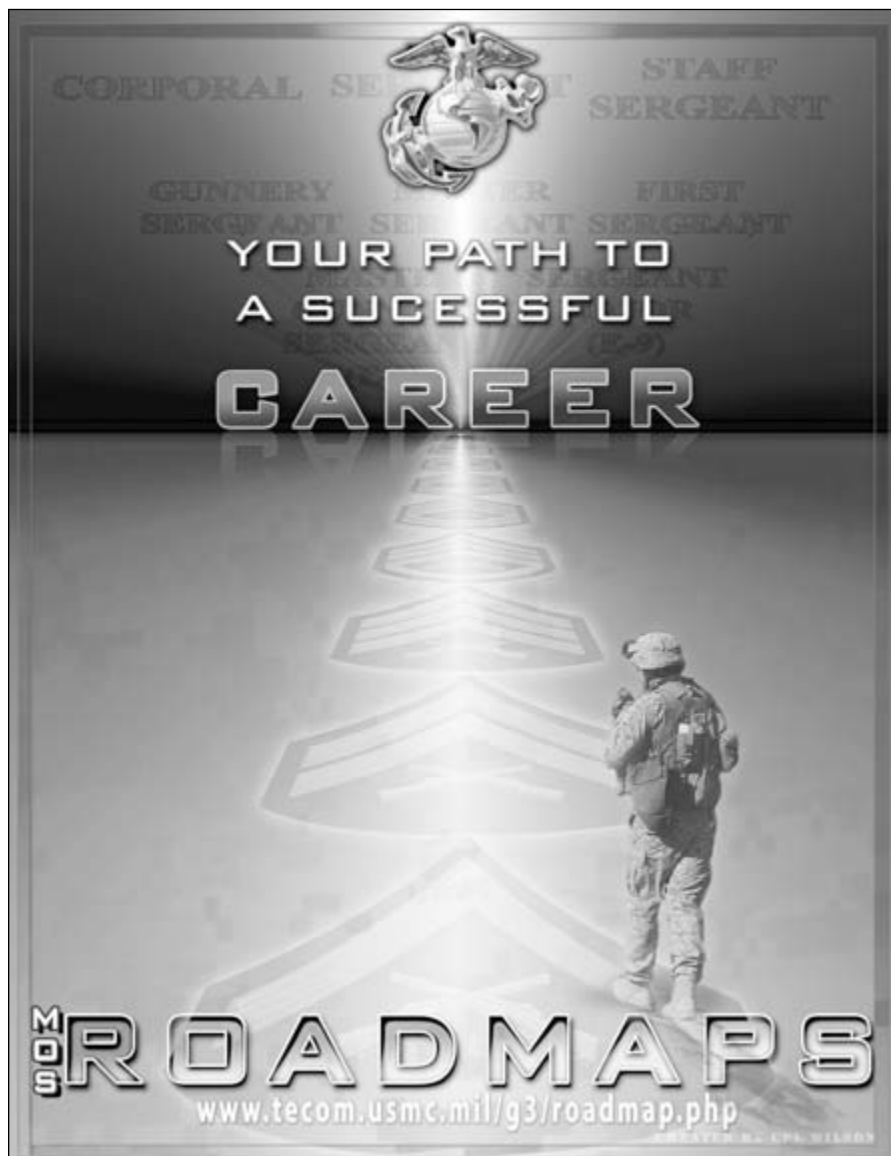
The International Military Training and Education budget for Indonesian officers was about \$1 million for fiscal 2007 and is expected to rise next year, defense officials said.

Pace also discussed Iraq with Indonesian leaders. He said that if

the coalition left Iraq before the government could stand on its own two feet, the consequences could be a disaster. He said such a pull-out "could very well encourage terrorists around the world."

He said this is not a direct linkage, "but clearly any time that free nations stand together and assist others that are trying to be free, that works against terrorists worldwide, and any time we step back from the obligation works to the benefit of terrorists."

Pace expressed his satisfaction with the U.S.-Indonesian relationship. "I'm very comfortable with the relationship that exists right now between Indonesia and the United States and especially with the relationship between the U.S. armed forces and the Indonesian military," he said.



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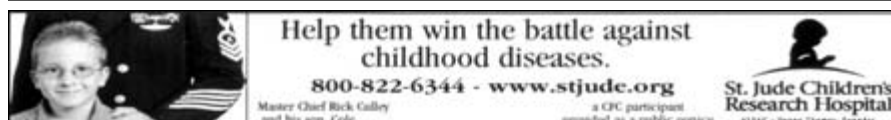
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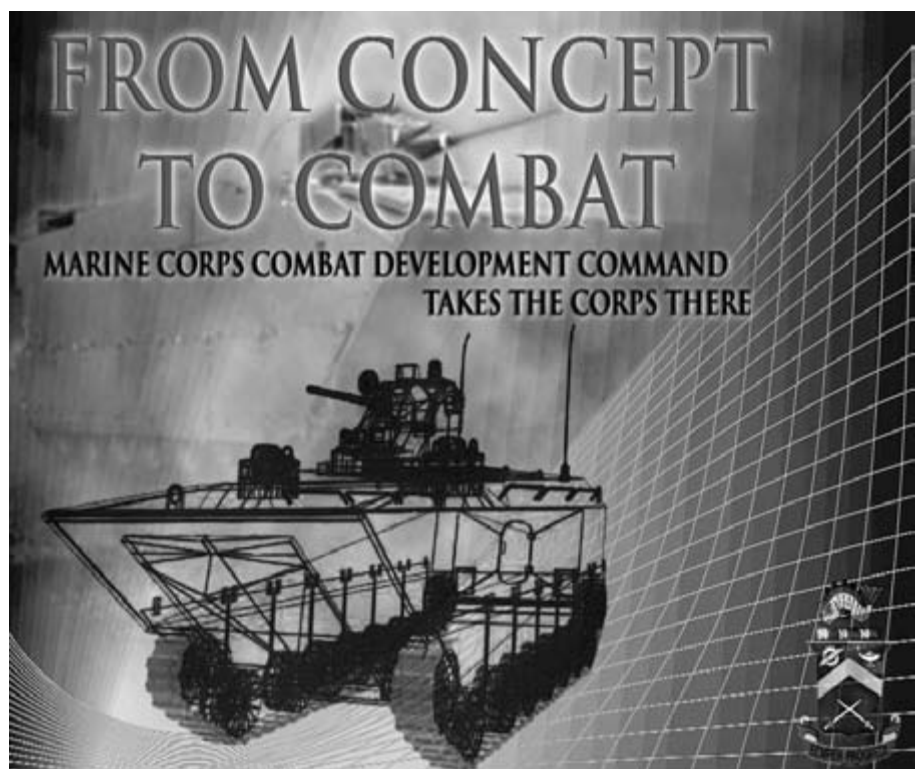
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FROM CONCEPT TO COMBAT

MARINE CORPS COMBAT DEVELOPMENT COMMAND TAKES THE CORPS THERE

News Briefs

Distributed Common Ground/Surface Systems Worldwide Conference.

The U.S. Joint Forces Command co-sponsored Distributed Common Ground/Surface Systems Worldwide Conference is scheduled for April 3-5 at the Norfolk Waterside Marriott Hotel and Convention Center, Norfolk, Va. It will showcase new technology, including communications, intelligence and networking capabilities created to aid information dissemination among deployed military operational forces. DCGS stakeholders from both the private and public zone are welcomed to attend and influence the future of DCGS. To register for the conference, visit www.ncsi.com.

Functional Fitness Conference

Quantico's Marine Corps Combat Development Center Concepts and Plans Division is hosting a Corpswide functional fitness conference at the National Museum of the Marine Corps, Tuesday and Wednesday. The conference is slated to address the problems outlined in the Concept of Functional Fitness, examine some options for solving these problems, and map out a potential way forward for implementation of some program initiatives to address the challenges in preparing Marines as combat athletes. To register, contact the concepts division at (703) 432-8143 or e-mail Sandra.frazier@usmc.mil.

Scholarship deadline

The VADM Travers Scholarship Program is administered through Navy-Marine Corps Relief Society. These are \$500 to \$2,500 scholarships awarded to spouses of active duty Navy and Marines Corps personnel and children of active duty and retired Navy and Marines Corps personnel. The deadline for scholarships for family members of active duty Marines and sailors and retired is March 1. Applications can be downloaded from the Navy Relief Web site at www.nmcrs.org. Click on services, then education. For more information, call Navy Relief Society at (703) 696-4960.

Briefing, brownies information session

The Lifelong Learning Education Center will hold a "Briefing and Brownies" information session on March 7 from 12 to 1 p.m. in Wing B, Room 4 of the Education Center.

At this briefing session, individuals will learn about all the degrees offered by the colleges and universities located here on base, and to speak with a college representative one-on-one. These briefings will be held the first Wednesday of every month, same time, same place. The schools will supply dessert and beverages, and sometimes there actually be brownies. For more information, call the Education Center at (703) 784-4010.

Petraeus takes command of multinational force Iraq

By Army Sgt. Sara Wood
American Forces Press Service

WASHINGTON, Feb. 12, 2007 — Acknowledging the challenges ahead and pledging full effort, Army Gen. David H. Petraeus took the helm of the top U.S. command in Iraq on Feb. 10 in Baghdad.

Petraeus, who was promoted to general just before the change-of-command ceremony, assumed command from Army Gen. George W. Casey Jr., who has led Multinational Force Iraq since July 2004. Petraeus previously commanded the U.S. Army Combined Arms Center and Fort Leavenworth, Kan. Casey is set to become the next Army chief of staff.

"This morning's ceremony truly is a humbling experience for me, and the challenges ahead are substantial," Petraeus said after officially taking command. "The rucksack of responsibility is very heavy. In truth, it

is too heavy for any one person to bear, and we will all have to share the burdens and move forward together. If we can do that and if we can help the people of Iraq do likewise, then the prospects for success are good."

Petraeus thanked Casey for his leadership and sacrifices, and pledged to give the service members and civilians of MNFI the best leadership and direction he can provide. The coalition's job in the coming months will be to work with Iraqi forces to improve security so the Iraqi government can resolve economic issues and improve basic services, he said.

"The way ahead will be hard, and there undoubtedly will be many tough days," Petraeus said. "As I recently told the members of the United States Senate, however, 'hard' is not 'hopeless'; indeed, together with our Iraqi partners, we can and we must prevail."

In relinquishing command,

Casey noted the progress Iraq has made since it achieved its sovereignty. After the fall of Saddam Hussein, Iraqis were totally dependent on the coalition for security, he said. Now, through the unwavering support of the Iraqi people and security forces and coalition forces, Iraq is on the verge of taking responsibility for its own security by the end of this year, he said.

"The past that brought us to this point has not been easy, but it has been part of a concerted effort to build an Iraq that can secure, sustain and govern itself," Casey said. "Freedom isn't free, and it never has been. It happens through blood, sweat and determination, and you have brought all of those things to this fight."

Casey said the challenge of overcoming sectarian violence and building a representative

See Petraeus, Page A10

Symptoms of MS

Multiple Sclerosis
National Research Institute

If there is one word that sums up the symptoms of Multiple Sclerosis (MS), it is erratic. Symptoms may vary from mild to severe, may be of long duration or short, and may appear in different combinations. In the early stages of the disease, partial or even complete remission occurs in approximately 70 percent of patients.

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- The initial symptom of MS is often blurred or double vision, red-green color distortion or even blindness in one eye.
- Fatigue.
- Muscle weakness in the extremities and loss of coordination. If severe, these symptoms can cause difficulty walking or standing.
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- Speech impediments, tremors and dizziness.
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Marines learn enemy's weapons systems

By Lance Cpl. Stephen McGinnis
Regimental Combat Team 5

CAMP BAHARIA, Iraq - "The AK-47 assault rifle: the preferred weapon of our enemy. It makes a distinctive sound when fired at you."

This is how Clint Eastwood's character in the 1986 film, "Heartbreak Ridge," Gunny Highway, educated his make-believe Marines on the characteristics of the weapon they'd be facing when they made their way inland on an offensive operation.

In the modern real-life Marine Corps, leathernecks are getting a much more down-and-dirty view of the widespread rifle. Marines of 1st Battalion, 24th Marine Regiment, Anti-Terrorism Force Protection section, spent a day on Basilone Range here familiarizing themselves with their enemy's threat weapons Jan. 16.

The battalion is currently conducting combat operations in the Al Anbar Province, Fallujah, Iraq, in direct support of Regimental Combat Team 5.

The Headquarters Company armory has stock several AK-47 assault rifles and ammunition confiscated or found in Fallujah.



By Lance Cpl. Stephen McGinnis

Lance Cpl. Nicholas T. Draugelis, a 21-year-old chemical, biological, radiological and nuclear defense specialist from Brighton, Mich., with 1st Battalion, 24th Marine Regiment, fires an AK-47 assault rifle on Basilone Range at Camp Baharia, Iraq, Jan. 16. Fernandez is the Anti-Terrorism Force Protection officer for the battalion. Firing the rifle gave Fernandez a better understanding of our enemy's weapons systems and how he can apply that knowledge to fortifying Marines.

"We have had approximately 150 enemy captured weapons that came through our armory," said Sgt. Christopher A. Knox, a 26-year-old electro-optical ordnance repairer from St. Louis. "We clean them up and determine whether or not they are serviceable, then we send them up to regiment to give to the Iraqi Army and the Iraqi Police."

Knox made it possible for AT-FP Marines to fire the weapons.

"It is great for our AT-FP guys to get out there and fire these weapons," Knox said. "It helps their understanding of how AK's work, the ballistics and the tendencies of the weapon."

The sharp reports of fully automatic assault rifles and empty 7.62 mm shell casings clattering and clanging as they hit the dirt echoed over the range, all to a chorus of hyped-up shouts of Marines screaming "GET SOME!"

Marines from AT-FP are charged with ensuring that Marines living at observation posts, entrance control points and forward operating bases in the battalion's areas of operation are properly protected from terrorists.

"Our job is to ensure our Marines living and fighting in Fallujah are as well protected as they can be while manning their post," said Lance Cpl. Nicholas T. Draugelis, a 21-year-old chemical, biological, radiological, and nuclear defense specialist from Brighton, Mich. "We try and think like our enemy, how he would sight in, (and ask ourselves,) 'What is a vulnerable

point in the Marine's position?'"

The leathernecks now have a better understanding of the capabilities of some of our enemy's weapons. It gives them a better idea of how to protect their brothers from harm.

"Firing an AK-47 gave me first-hand knowledge of the enemy's primary weapon," Draugelis said. "I now have a better understanding of its strengths and weaknesses, can more effectively assess posts' vulnerabilities, and (understand) how to mitigate risks."

This process of understanding the enemy and seeing through his eyes is a vital part of how the AT-FP does business.

"Whenever we visit any OP's we go in with the mindset that we are the enemy and how would we infiltrate or probe the defenses of the Marines," said Chief Warrant Officer 2 Eduardo H. Fernandez, a 35-year-old chemical, biological, radiological, and nuclear defense officer and ATFP officer from Kansas City, Mo.

"It's not if something will happen, it's a matter of when it will happen and we have to be prepared," he added.

Though the actors portraying Marines in "Heartbreak Ridge" eventually pull out a fictional victory, force protection Marines here know it will take more than some special effects, smoke machines and sweat out of a spray bottle to continue to ensure security. Tough, realistic and engaging training is the key to keeping real Marines in the fight.

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Multinational force Iraq gets new command

Petraeus from page A8

government is one the coalition can help with, but that will ultimately rest on the shoulders of the Iraqis themselves. He said he is optimistic about the future of Iraq because he believes in the inherent desire of all people to live in freedom. The general added that he sees Iraqis taking charge of their future.

Casey also expressed confidence in the competence and professionalism of the men and women of the coalition. "You are the best fighting force in the world, and you bring intellect, drive, compassion, courage and commitment to this mission," he said. "I see it every day in the conduct of your duties, and I also have growing confidence in the men and women of the Iraqi security forces. And I have no doubt that they will emerge over the coming years as the dominant security forces in Iraq."

Army Gen. John Abizaid, commander of U.S. Central Command, noted Casey's many accomplishments while commanding in Iraq, such as facilitating national elections, combat actions, building institutions,

and developing leaders.

"Thank you for your calm, professional leadership, for your toughness, for your wise counsel to those both above and below your level of command," Abizaid said to Casey. "Most important, thank you for your patient support of a great people in their new destiny. History will smile upon your accomplishments."

Abizaid also spoke about the challenges facing Iraq. No nation in the modern age can allow murderers and terrorists to kill without remorse or intimidation, torture and extortion to rule above the law, he said. Sectarian violence and division have no place in the future of Iraq, a nation that is great because of its ability to overcome ethnic and religious differences, he said.

"Stand together and take your rightful place in the modern world," Abizaid said to the Iraqi leaders at the ceremony. "The United States and the international community stand ready to assist you, but the choice between violence and prosperity can only be made by you. Let all of us work together to build the new Iraq. Let Iraq claim its rightful place as a nation of strength and justice for all of its citizens."

Saying farewell to last World War I Marine

MCCONNELL AIR FORCE BASE, Kan. — Albert F. "Jud" Wagner, enlisted at age 17. He served in France and Germany from 1918 to 1919.

Members of the Kansas City 24th Marine Regiment serve as pallbearers Jan. 25, during the funeral of Albert "Jud" Wagner.

Wagner served as a Marine from 1918-1919 and was recognized as one of nine surviving World War I veterans. He was 107 years old when he died and was Kansas' oldest World War I veteran. He was the world's oldest Marine. Wagner was buried in Smith Center, Kan.



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B SECTION

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Quantico Sentry

Sports

Health & Wellness



B10-B11 FAST Training

Super Bowl brought out trash-talking between fans

By Staff Sgt. F.B. Zimmerman

Public Affairs Chief

MIAMI – While standing on the 50-yard line at Dolphin Stadium playing for more than 70,000 football fans was plenty exciting, two Quantico Marine Corps Band members had something extra to be pumped up about – their favorite team could be crowned Super Bowl champion.

Master Sgt. Yaphet Jones, bandmaster, hails from Chicago and is a lifelong, die-hard Bears fan. Pulling for the other team, the Indianapolis Colts, was Cpl. Jason Allen, a drummer who is a native of Bedford, Ind.

When the two teams won their respective conference championship, earning the trip to the Super Bowl, the friendly trash-talking began between Jones and Allen. That banter went on for the two weeks before the game, and continued Saturday as the band made their trip to Miami where they performed as part of the pregame entertainment.

"The Colts will take them because of Peyton [Manning] – it's his time and all the analysts on ESPN picked them to win," predicted Allen.

"Colts by two touchdowns."

"He can hope all he wants," Jones replied. "I see the Bears winning by a touchdown – their defense is going to prevail."

Jones was nearly right picking the Colts by two scores, as they did win by 12, 29-17. On Saturday Jones predicted a final score of 28-21, advantage Bears, while Allen had the Colts on top 35-21.

Allen admitted though that he was a little worried about his team's chances when the Bears returned the opening kickoff for a touchdown.

"I wasn't too worried because the Colts have been a second half team for a long time," he said. Allen said he knew the Colts were going to win when they controlled the ball for nearly the entire third quarter.

While Allen said he was surprised when the Colts made it to the Super Bowl since their run defense had been poor most of the season, he enjoyed seeing the defense step up and play well in the big game.

Despite being convinced the Bears always tough defense would win the game for the team, Jones said the

"Bears defense just seemed like they ran out of gas."

"I'm very disappointed," Jones admitted. "I thought the Bears had what it takes to win. After the opening kickoff it all went downhill from there, but Chicago had some good moments."

Both Jones and Allen were somewhat disappointed they couldn't stay in the stadium and watch the game after the band's performance, but they still enjoyed the trip.

"It's a heart sinker," Jones admitted Saturday. "But I'm happy the wounded Marines are able to see the game."

As the two Marines watched the end of the game in the hotel's lounge where they were staying, they were both good sports about the outcome and shook hands.

"He was very gracious," Allen said of Jones.

Despite the outcome not being in his favor, Jones showed his respect to the Super Bowl XLI champions.

"Hats off to Indianapolis and Peyton Manning," Jones said. "I'm still proud of what the Bears did – they did play in the Super Bowl, after all. But don't worry; the 'Monsters of the Midway' will be back next year."



By Kris Connor

Officer Candidates School player William Swanson shoots a jump shot in the beginning of the second half of a Intramural National League basketball game at Barber Physical Activity Center against Expeditionary Warfare School Feb. 6. Even with the points, it was not enough to ward off EWS' 55-25 win.

EWS schools OCS on the fundamentals

By Kris Connor
Sentry Correspondent

Expeditionary Warfare School controlled the court against Officer Candidates School, 55-25, during a National Intramural League basketball game at Barber Physical Activity Center Feb. 6.

"We have not played together in a week or so," said OCS player Richard Milburne.

The lack of playing time showed in the early moments of the first half, as EWS had five points on the board by the time OCS got into the game with 13 min-

utes left in the half.

OCS made up for the late start, tying the game 5-5 a minute later.

EWS was not ready to give up the win and went on a shooting spree, with Todd Cody putting up back-to-back jump shots and another coming from teammate Jaisun Hanson, giving EWS a six-point lead.

OCS leaped-frogged over EWS with seven points in two minutes, five of which came from Aaron Roberts, who led the team with 19 points, giving them a one-point lead with nine min-

See EWS, Page B2



By Cpl. Celicia Slaffer

Bears fan Master Sgt. Yaphet Jones (right), bandmaster, is a good sport and shakes hands with Cpl. Jason Allen (left), drummer and Colts fan, after the Bears were beat by Indianapolis in Super Bowl XLI.

EWS executes gameplan perfection

EWS from page B1

utes left in the half. Seconds later, Cody made a free throw to once again tie the score.

EWS's offense penetrated OCS's man-to-man defense, allowing them the coverage under the hoop to grab rebounds and get the shots needed.

OCS was not able to break

EWS's 2-3 defense and EWS went into halftime with a 30-17 lead.

EWS came back on the court on fire. They were able to score 12 points in the first eight minutes of the half.

OCS player Tyrell Williams felt that the lack of recent playing time contributed to their lack of scoring in the second half, only putting eight points t

on the board.

OCS was out-played in the second half with EWS scoring 25 points, led by Cody with 26 points for the game.

The 55-25 win ranks EWS as one of the top teams in their league with a 10-1 record.

Cody felt it was due to the team cohesion and the time they put into their morning practices.



By Kris Connor

With Officer Candidates School guards surrounding him, Expeditionary Warfare School player Eric Tee looks for a teammate to pass to in the opening minutes of the first half of a National League intramural basketball game at the Barber Physical Activity Center Feb. 6. EWS took the win 55-25.

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MMSB wins in late turnaround

Intramural basketball heating up

By Kris Connor
Sentry Correspondent

Manpower Management Support Branch grabbed a late win against Marine Security Guard Battalion in an upset at Barber Physical Activity Center Feb. 7 in a National Intramural League basketball game, 45-40.

MSG came into the game with the upper hand, holding a 6-5 season record, compared to MMSB at 4-8.

"We feel very confident, we are finally coming together as a team," said MSG player Donald Hammond, who felt a win against MMSB would not be a challenge.

Hammond was able to get his team going with back-to-back two pointers, helping his team jump to a six-point lead in the first five minutes of the opening half.

"We feel good coming into this game," said MMSB player Joshua Rojas, who shot a three pointer to get his team on the scoreboard, with just over 14 minutes left.

MSG's defense handcuffed the MMSB offense up and down the court,

only allowing them to score seven points in the first 10 minutes of the half, with MSG leading 15-7.

MSG player Beau Bowling felt that his team's offense performed well and made adjustments on the court, which contributed to a 20-16 lead at the half.

Something happened during halftime that gave MMSB the extra energy to come back on the court with hot hands. MMSB players were refreshed and ready to put points on the board.

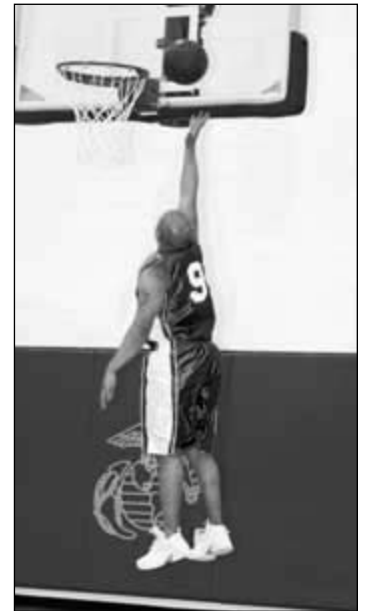
Michael Hart led the half with 16 points for MMSB, including two three pointers.

The MSG defense was struggling on the court as if they did not have any energy left.

MMSB's offense was able to dodge MSG's man-to-man defense and put 29 points on the board to MSG's 20 in the second half.

"We were tired out on the defensive end, which led to the loss," Bowling said.

MMSB was able to secure a five-point lead for a 45-40



By Kris Connor

Marine Security Guard Battalion's Donald Hammond scores an easy layup in the first half of a National Intramural League Basketball game against Manpower Management Support Branch at Barber Physical Activity Center, Feb. 7. Hart lead his team with 18 points, but MMSB stole the win 45-40.

victory over MSG.

Bowling said that the MSG team plans to work on ball movement and transitional offense to try and prevent further losses.



By Kris Connor

(L-R) Marine Security Guard Battalion's Neal Johnson and Manpower Management Support Branch's Travis Rush goes for the ball during the opening tip off in the first half of a National Intramural League basketball game at Barber Physical Activity Center, Feb. 7. MMSB grabbed the win 45-40.

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For more information, visit www.staffordlax.com, or call (540) 288-1617.

tryouts for the upcoming spring season Tuesday and Wednesday from 11:30 a.m. to 12:30 p.m. at Barnett Field. The team is part of the Commonwealth Soccer League and the season starts in March. Service members stationed at Quantico are eligible to join the team.

For more information, contact DJ Abogunrin at djabogunrin@yahoo.com or (571) 259-9375, or Brian Trievel at trievelb@hotmail.com or (571) 232-7627.

Lassie League is seeking girls ages 6-19 to play in the upcoming season. Registration is now open until March 10.

For more information and registration forms, visit mywebpages.comcast.net/pwlassieleague or call (703) 878-1225.

E-mail Sportslines events submissions to:

Sentry.Quantico@usmc.mil

Events run when space permits. Submissions must be received by 1 p.m. the Monday before publication to be considered.

Base soccer team

The Quantico soccer team is scheduled to hold

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Prince William County's slow-pitch girls softball

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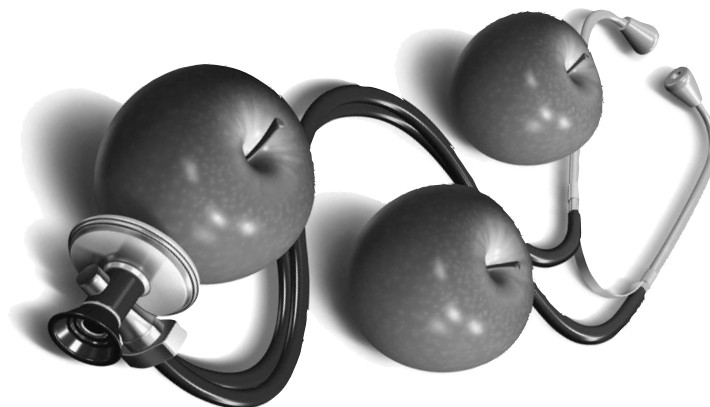
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Semper Fit

Healthy heart facts about soy, protein foods

Submitted by the Semper Fit Center

Foods rich in soy protein can have considerable value to heart health, a fact backed by dozens of controlled clinical studies. Food labels containing 25 grams of soy protein, also low in saturated fat and cholesterol, may reduce the risk of heart disease. Foods that are eligible to carry the health claim on product labels include tofu, tempeh, soy beverages, and soy-based meat alternatives, among many others.

The FDA determined that diets with four daily soy servings can reduce levels of low-density lipoproteins,

the so-called "bad cholesterol" that build up in blood vessels, by as much as 10 percent. This number is significant because heart experts generally agree that a one percent drop in total cholesterol can equal a two percent drop in heart disease risk. Heart disease kills more Americans than any other illness. Disorders of the heart and blood vessels, including stroke, cause nearly one million deaths years.

Vegans and people who are lactose intolerant appreciate soy milk as a dairy-free substitute in milkshakes, puddings, soups, and creamy sauces. But those who drink milk have

much to gain from soy milk, too.

Because it is made from beans, soy milk contains fiber (dairy milk has none); it's a good source of protein and, although it contains more fat than reduced 2 percent milk, it is low in saturated fat and cholesterol-free. Soy milk is also sold in reduced-fat and fat-free forms. Although soy milk is not a good natural source of calcium, some brands of soy milk are fortified with calcium and vitamin D.

It has become increasingly easy for consumers to add enough soy to their daily diets to meet the 25-gram amount that FDA says is beneficial to heart health.

According to soybean industry figures, the numbers add up quickly when you look at the protein contained in typical soy foods. Grams of protein in:

- Four ounces of firm tofu is 13g, one soy "burger" is 10 to 12g, one soy protein bar is 14g and a quarter cup of roasted soy nuts is 19g.

Soy chefs and dietitians suggest the following further possibilities for adding soy to your diet:

- Include soy-based beverages, muffins, sausages, yogurt, or cream cheese at breakfast
- Use soy deli meats, soy nut butter (similar to peanut butter), or soy

cheese to make sandwiches

- Top pizzas with soy cheese, pepperoni, sausages, or "crumbles" (similar to ground beef)
- Grill soy hot dogs, burgers, marinated tempeh, and baked tofu
- Order soy-based dishes such as spicy bean curd and miso soup at Asian restaurants
- Eat roasted soy nuts or a soy protein bar for a snack

For more information and recipes visit the American Soybean Association Web site at www.amssoy.org and the United Soybean Board Web site www.talksoy.com.

Ask the Dietitian

Q: *My hardest time of day to refrain from snacking and compulsively eating is at night, after dinner; can you give any suggestions to breaking this bad habit and creating new and or healthier alternatives?*

A: Most of the foods we eat late at night are loaded with extra calories and fat (chips, ice cream and other junk foods). Just an extra 100 calories over your calorie need per night will pack on 10 pounds in one year. Some tips to curb the night munchies are: eat a healthy dinner; work out at night to burn the stress off instead of eating the stress off; do not skip meals during the day because it

will make you hungrier later at night; if you need to snack, choose a healthier alternative such as low fat yogurt, low fat pudding, fudgesicles, low fat popcorn, fruit, glass of low fat milk, crackers with peanut butter, or hot chocolate made with milk.

E-mail questions to the Semper Fit Center dietitian, Tracy Bowman, at bowlmant@usmc-mccs.org.



Biggest Loser Challenge

Quantico's "Biggest Loser Challenge" is currently underway and continues through April 25. Teams meet every Wednesday from 11:30 a.m. to 1 p.m. at Barber Physical Activity Center for weigh-ins, healthy food discussions, exercise tips, and more. For more information, contact the Semper Fit Center at (703) 784-3780.

Free blood pressure checks

The Semper Fit Center offers free blood pressure checks Monday through Friday from 7:30 a.m. to 4:30 p.m.

Nutrition class

A nutrition class is scheduled for Tuesday at 2 p.m. The class focus on nutritional education, and incorporates stress management, fad diets, and fitness/exercise information.

Nutrition During Pregnancy class

The Nutrition During Pregnancy class is scheduled for Feb. 22 at 2 p.m. At the class, individuals will discover how the

food you eat during pregnancy can influence the well-being of you and your baby, and focus on proper calorie requirements and healthy eating.

Stress management class

A stress management class is scheduled for Wednesday at 11:30 a.m. During the class, individuals will learn about the causes of stress, evaluate stressors, decide on positive changes that can be made, and discover healthy ways to cope with stress.

Senior Chair Exercise Class

Classes are every Friday at 10:30 a.m. Wear comfortable clothes and athletic shoes. The class teaches seniors how to condition and strengthen by working in and out of chairs using free weights, tubing, and balls; focusing on improving independence and everyday activities.

Relax with Yoga classes

Classes are scheduled for every Tuesday and Thursday at 11:30 a.m. Yoga is beneficial for people of all ages and fitness levels. Come stretch, strengthen and relax. Remember to bring a towel, and wear comfortable workout clothes.

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Pressbox Confessions

Vegas is bets off for pros

By Staff Sgt. B. J. Swenson
Press Chief

Two headlines sparked an office debate about professional sports in Las Vegas.

"NBA All-Stars converge on Vegas" and "Vegas takes \$93 million in Super bets."

Las Vegas, the undisputed American party capital, has been the center of sports conversations recently as the receipts from the Super Bowl betting are tallied and the city prepares for the arrival of the National Basketball Association All-Star game this weekend.

But many wonder why Las Vegas does not have a professional sports franchise. The location is ideal for outdoor sports like football and baseball, and there are no shortage of convention areas that can double as arenas for basketball and hockey.

Vegas, however, has found itself on the professional sports "black list" and considered bad voodoo when it comes to locating a franchise there.

Currently, Vegas is home to the Arena Football League Gladiators, the 51s (formerly the Area 51s with their green alien mascot) of the AAA baseball Pacific Coast League, and the East Coast Hockey League's Wranglers. No top-level sports teams have even seriously considered Vegas for a future home.

Why?

It seems the big professional leagues and franchises are not

willing to take the risk on the potential liabilities Vegas has to offer.

Professional sports are very serious and sensitive about their employees associating with gambling. Just ask Pete Rose.

And the most popular sports team in Las Vegas, the University of Nevada, Las Vegas Runnin' Rebels, hasn't done anything to change the skeptic attitudes of potential franchises.

After dominating the 1989-1990 college basketball season (finishing with a 35-5 record) and upsetting Duke to win the championship, scandal struck UNLV in 1990.

Several of its players were linked to a known sports "game fixer," Richie "The Fixer" Perry and were found to have received special treatment, money and favors from Perry and were photographed hanging out at Perry's Vegas mansion playing on his custom basketball court and swimming in his pool.

The NCAA is very sensitive about any misconduct, whether perceived or confirmed. Strict rules are in place to restrict inappropriate contact with individuals, like Perry, who can mislead college athletes. Perry was also linked to the point fixing scandal involving Boston College in 1979.

College athletes are also not allowed to receive endorsements,

gifts, money, or any other favors by professional agents, scouts, college alumni or boosters, or anyone looking to influence young, impressionable, and cash-strapped college students.

Just ask Maurice Clarett or Reggie Bush how forgiving the NCAA is with college athletes who accept gifts, favors, or even cars and houses, from outside sources.

Even the team staffs are not immune to the pitfalls of Vegas life.

In 1994, UNLV coach Rollie Massimino was involved in a scandal that eventually put the Runnin' Rebels on probation again for illegally taking money from the school's administration who thought his contract was not as lucrative as they thought it should be.

So, some school officials and alumni formed a fraudulent company that funneled money from the school to Massimino. A little under-the-table money never hurt anyone – until they got caught.

So you can see why the pros are leery about putting franchises in Vegas.

Sure Vegas is one of the largest cities in the U.S. without a major sports franchise, but no one goes to Vegas to see a sporting event. They go to gamble and experience all that Vegas has to offer. If you've ever been to a 51s game, you know no one goes to Vegas to see the sporting events – unless it is a boxing match.

Now, if Vegas had a basketball

team with Carmelo Anthony and Ron Artest as the starters, with Bill Lambier or Dennis Rodman as the head coach, maybe people would want to see them play.

But then again, if people are going to watch the game only to see a fight break out, then Vegas should be home to a NHL franchise filled with as many goons as they can find.

Vegas is a great place to visit, but you probably wouldn't want to live there. And you definitely don't want to trust a bunch of young, immature 20-something, single millionaires running loose in a town like Las Vegas.

You see how hard it is for the Cincinnati Bengals to keep their players out of jail, and they live in Cincinnati. Cincinnati! Can you imagine what problems they would have if they were in Las Vegas?

Maybe this weekend's NBA All-Star game will be a test for professional sports in Las Vegas. Sure the attendance will be good – it's the All-Star game – but it is only a star-studded exhibition, not a regular season game against the Boston Celtics.

I will be interested to see what the blotter looks like after this weekend. How many "Vegas Victims" will get caught up in the bright lights and big money.

You can submit your questions, topics, comments and opinions to Brandon.Swenson@usmc.mil. All messages received are subject to publication and editorial review.



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FROM THE CORPS TO THE COMMUNITY

Hooligan's season nearing

By Kris Connor
Sentry Correspondent

With the spring rugby season fast approaching, the Quantico Rugby Football Club, the Hooligans, rallied the troops together Jan. 30 with a team information meeting at Breckinridge Hall, followed by a practice at Freeney Field Feb. 1.

"At the beginning of the each season, we are concerned with recruiting the players that we need," said assistant coach Jake Jacobs.

With about 10 players returning this season, Jacobs added the Hooligans are not exempt to the problems that plague other Quantico sports teams – the loss of players due to normal military rotations and other commitments.

"The spring season is always a (building season)," said Jacobs. "The fall season is when we establish our record, by playing slated matches against teams within our Division III bracket."

The Hooligans play in the

Potomac Rugby Union, which is affiliated with Mid-Atlantic Rugby Football Union and USA Rugby. The Hooligans were 0-4 last fall in the PRU.

Head coach Chris Woodbridge said last season's record will not make it any easier to recruit new players.

It is a very basic game, which complements the small-unit tactics known by all Marines, said Jacobs.

A newcomer, Chris McDougal, who previously played football, wanted to try something new and rugby is a sport that can be easily learned according to Woodbridge. McDougal felt that it would be an easy switch.

"It is easy to teach people who have played soccer and basketball, as it uses many of the same movements," said Jacobs.

Woodbridge said that rugby is one of the easiest sports to learn and that the coaching staff is willing to help those that do not have past experience playing the game.

"I taught this game to a

bunch of fifth graders," said Woodbridge, as the game only requires the basic skills of running and tossing a ball. "It takes a minute to learn, a lifetime to master," Woodbridge said.

Woodbridge and Jacobs said they welcome anyone who would like to come out and play. They will work people through different positions and get them as much playing time as possible.

Woodbridge is hopeful the team will perform well this season and win a majority of their matches.

The team plans to practice every Tuesday and Thursday at Freeney Field from 5:30 to 7:30 p.m.

Their first game will be at the beginning of March, either against Virginia Beach Rugby Football Club or Western Potomac Rugby Football Club. Jacobs said they are awaiting final confirmation from participating teams.

If interested please contact Chris Woodbridge at HeadCoach@quanticorugby.org or Jake Jacobs at DirOps@quanticorugby.org.



By Kris Connor

Chris McDougal practices passing moves for the Quantico Rugby Football Club team, the Hooligans, at Freeney Field Feb. 1.

More losers than ever kick off weight loss challenge

By Lance Cpl. Justin P. Lago
Combat Correspondent

The Barber Physical Activity Center Semper Fit Center was filled with eager participants ready to begin their three-month journey to a better fitness individual on the Semper Fit pro-

gram's Biggest Loser challenge Feb. 7.

This sign-up day, the first of the 2007 semi-annual competitions' marked the greatest number and participants than in the contest's history. More than 16 teams have embraced the competition modeled after net-

work television's reality show, "The Biggest Loser."

Participants began the competition with an official weigh-in, which was recorded by the program fitness directors to mark their initial weight. This year's teams will be judged by each team's overall percentage of weight loss, which will accurately and fairly calculate the total progress for teams with more than the standard three-member team.

To help with the program, BPAC and Semper Fit staff will be working closely with the teams to ensure they receive information through the Internet and Semper Fit pamphlets on nutrition and exercise tips.

"Our goal is to 'feed' all of the extra weight loss information that we can to the teams and help them during the competition," said Lisa Vice, group exercise coordinator. "We want our patrons to understand that the classes and group exercises we have here at the gym should be a big part of meeting their goals in the challenge."

Teams are required to weigh in every Wednesday at BPAC between the hours of 11:30 a.m. and 12:30 p.m. Each week, weight loss progress will

be recorded in the teams' individual folders.

"Since I retired from the Marine Corps, I have put on a few pounds and I am here today to get back into an exercise routine," said Maurice Bennett, Marine Corps Systems Command executive production group assistant. "Because it is a team effort, it encourages you to do the best you can. My goal is to lose 20 pounds and be part of the team of the biggest losers."

Creative names reflected each challenging team's individuality. Will this year's winners be the "Three Little Pigs," the "Junk in the Trunks," or will the winners of the 2006 challenge, "The Big Three," now known as "The Return of the Big Three," re-claim their title?

"I just had a baby, this is my first Biggest Loser challenge and I really want to be a part of it," said Gunnery Sgt. Shannon Deristel, Marine Corps Systems Command contact specialist. "I really need the encouragement of a team to get out and work a little harder. I want to win, I don't want to lose. It's all a part of our Marine Corps competitive edge."



By Lance Cpl. Justin P. Lago

Participants ready to begin their three-month journey on the Semper Fit programs Biggest Loser challenge fill the Semper Fit Center at the Barber Physical Activity Center Feb. 7. The 16 teams that turned out beat the 2006 challenge by 11 teams.

When the weather outside is frightful, Drive Safely

Semper Fit Valentine's cooking class goes hands-on

By Lance Cpl. Justin P. Lago
Combat Correspondent

In the past, Quantico's Semper Fit program has held its healthy cooking classes to show patrons healthier alternatives for preparing any dish. This year's Valentines Day-themed "Cooking for your Sweetheart" class offered the same healthy standards, but with a twist – attendees cooked the dishes.

Semper Fit health promoter and dietitian, Tracey Bowman, decided to take her cooking classes to a different level. Four tables were set up in the kitchenette area at the Barber Physical Activity Center with decorative Valentines Day décor. Attendees from each table were assigned a different dish to prepare.

"This is the first class we have held where participants have prepared the meals," said Bowman. "I wanted to try something a little different and see how the participants would do cooking on their own. I

want to keep the future classes interactive and more of a learning experience for them."

Bowman said in past classes she felt the participants might have been bored just watching her cook. Her goal was to involve the class by preparing the dishes themselves so they could learn tips for home.

"If they are involved with making the dishes, they can remember how to do it when they take these recipes home to their family and friends," she explained.

With a kitchen full of eager class participants, the display of fresh vegetables and ingredients on the preparation tables were slowly sliced and diced into a colorful mixture.

The essence of fresh tomato bean soup, pasta primavera, salads and reduced fat deserts filled the room and attracted more curious gym users as the delicious aromas floated into the lobby.

"This was the first healthy



By Lance Cpl. Justin P. Lago

Tracy Bowman, Semper Fit dietitian, pulls out a batch of warm reduced fat brownies from the oven during the "Cooking for your Sweetheart" Valentine's healthy cooking class Feb. 7 at the Barber Physical Activity Center.

cooking class I have ever attended," said Maj. Colleen Vigil, Headquarters and Service Battalion communications deputy. "I really enjoy learning the health benefits of cooking this way. I am

just used to dumping salads from a bag into a bowl. This is a much more fresh way of preparing meals and the one thing I like about the class most is sitting down afterwards, enjoying what we

have just cooked, and discussing the dishes."

For more information about future classes or for a copy of cooking class recipes visit www.quantico.usmc-mccs.org.



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FAST Company trains for mobility, mission success

Story by 2nd Lt. Patrick Boyce

Press Officer

Angry rioters shook their fists and demanded that the Americans leave their country. Marines restructuring concertina wire and stayed hunkered behind the concrete blocks at their vehicle checkpoint. And then came the shocking news; a bomb had been detected in the American Embassy.

No, these are not the latest headlines from one of the many troubled hotspots around the world requiring the presence of America's 9-1-1 force, but in fact are part of a weeklong operation readiness exercise for the 2nd Fleet Anti-terrorism Security Team Company, from Camp Allen, Norfolk, Va., which began Jan. 5 and concluded Friday here at Camp Upshur.

Second FAST Co. is one of two FAST companies that are part of Marine Corps Security Force Battalion.

According to Capt. Adam R. Sacchetti, a platoon commander for 2nd FAST Co., the mission of a FAST Co. is to respond rapidly with a

highly mobile force to improve security at U.S. government installations across the globe, bringing to mind the old adage of "send in the Marines!"

"We're simulating reinforcing an American embassy because of recent turmoil in the area," said Sacchetti. "The Department of State has enacted their emergency procedures and we bring in a highly-deployable platoon-sized force, which specializes in site security."

"Our mission is to deter, detect, mitigate, and defend," he added.

According to Capt. Ernest E. Adams, executive officer for 2nd FAST Co., the simulated situation, which he helped develop from historical scenarios, occurs in the African sub-Saharan nation of Chad, where Marines have shot several indigenous civilians, injuring or killing 10 or 15, most of whom did not appear to have weapons or display hostile intent.

The incident has provoked an angry uproar from the populace, which has surrounded the American embassy, in actuality a two-story red-brick building cordoned off by concertina wire and a functional vehicle checkpoint at Camp Upshur, Adams added.

"It's an ideal location and an excellent facility," said Sacchetti about why the location at Camp Upshur was chosen.

The purpose of this exercise is to give the 50 FAST Co. Marines participating in the ORE the most realistic and comprehensive training possible, said Sacchetti.

"We're putting together six months of training into one week," Sacchetti said. "It's as close as we can simulate."

Watching the Marines operate their vehicle checkpoint, manage potentially violent protestors, and respond efficiently to the bomb threat, Sacchetti described the demanding nature of their training.



By Cpl. Sha'ahn Williams



By Cpl. Sha'ahn Williams

Left, A Marine from 2nd Fleet Anti-terrorism Security Team Company based in Norfolk, Va., concentrates and guards his post during a weeklong operations exercise Feb. 6. **Center,** A squad of Marines from the FAST Co. takes cover during the mock riot, which was one of many simulated scenarios the devil dogs endured at Camp Upshur. **Right,** Two Marines unravel concertina wire to secure an area in front of the mock embassy.



By Cpl. Sha'ahn Williams

"The training is going on all week and that's part of the training, having the Marines get hungry, tired, cold and aggravated," he said. "It's probably been the most challenging training they've received so far. I know I'm being challenged."

Part of this training has been to emphasize small-unit leadership and the importance of individual initiative, Sacchetti explained, which ensures the Marines train as they fight.

"There's no right or wrong answer with this type of training," he said. "It's about 50 percent training and 50 percent judgment."

This bias for small-unit leadership and decision making makes the Marines more flexible in dealing with the unpredictable

nature of the scenario, especially when dealing with civilians, Sacchetti said.

"[Marines] need to get experience working with those who are not necessarily enemy and who are not necessarily friendly," he added.

According to Sacchetti, this necessitates multiple debriefings through the course of the ORE to examine how effective the training is, as well as how the Marines are responding to its challenging aspects.

According to both Sacchetti and Adams, the practical training that the Marines receive here will be critical to their success in providing security to U.S. interests around the world.

"We can always do better," Sacchetti concluded.



Quantico Sentry

Crossroads



C8 Quantico spelling bee

C4 Safety ...
C4 Chaplain ...
C7 Community Events ...



CANDIDATES OVERCOME COLD DURING TRAINING

Story and photos by Kris Connor

Sentry Correspondent



Top, Candidate John Dick helps a group member over a wall at the Leadership Reaction Course which is one of the leadership exercises at Quantico's Officer Candidates School, Feb. 8. **Above,** Cpl. Ricardo Lulves, an OCS instructor, demonstrates how to make a terrain model, Feb. 8., made up of dirt, string and blocks, to represent buildings and roads of a target area Feb. 8. After the demonstration, the candidates had to construct a similar model.

As the wind whistled through the grounds of Officer Candidates School, the bitter cold was felt by potential Marine officers as they worked to complete the obstacles of the Leadership Reaction Course.

"About 90 percent will not accomplish the course in the 10 minutes," said Col. Robert Chase, commanding officer of OCS. "Many will get close to completion, though."

With temperatures in the single digits, Candidate John Dick, with 2nd Platoon, completed a four-mile hike carrying an 80-pound pack with the rest of Charlie Company. As the rest of Quantico was just getting up and showering, these men were

about to face one of their hardest challenges yet.

"Today will be even worse, their hands are numb and they do not have control [of the situation]," Chase added.

The LRC is enclosed behind a mesh fence at the edge of Brown Field, the OCS parade ground. The candidates can see the compound from their barracks, but had no idea what was within.

After the arduous hike, the platoons were rotated through the LRC. While Dick waited with his platoon in an oversized tent, they received a briefing from Cpl. Ricardo Lulves on the proper way to make a terrain

See OCS, Page C6

Book Review

The Foreigner's Gift: *A glimpse behind the veil of a foggy, secretive world*

Reviewed by Lt. Col
William J. Truax Jr.

"It's sinful how little we knew about Islam and Iraqi culture." This cheery thought, voiced by U.S. Army Capt. Luke Calhoun, opens the fourth chapter of "The Foreigner's Gift," the most recent work by Dr. Fouad Ajami. This book delves into the historical, cultural, sectarian, and racial issues that the U.S. Government now finds itself at great pains to deal with in the complexity not only of Iraq but of the Arab world in general. It also serves as a cautionary tale with an implicit recommendation on cultural ignorance wherever we choose to employ our elements of national power.

Winston Churchill once famously described Soviet foreign policy as "a puzzle inside a riddle wrapped in an enigma." This same metaphor can be aptly applied to Western understanding of Middle Eastern societies and the historical, racial, and sectarian pressures that cause events in that region to appear in forms that continually bewilder and frustrate us. Several years ago Maj. Ben Connable wrote his well-known essay, "Marines Are From Mars, Iraqis Are From Venus, 1," which was like a white star parachute on a moonless night, offering warfighters vital insight into the myriad of issues inherent in our involvement in this volatile part of the world.

"The Foreigner's Gift," in comparison, is a barrage of 155mm illumination rounds. A naturalized American citizen from a

Lebanese Shi'a family, Ajami is currently the director, of the Middle Eastern Studies Program, School of Advanced International Studies, Johns Hopkins University. With his intimate knowledge of both Arab and American cultures and languages, the author is one of those rare people with the ability to bridge the gap between two apparently divergent cultures.

The title of the book, ironically, appears to have been at least partially inspired by a message to the people of Najaf, Shi'ism's holiest city, from the grandson of none other than Ayatollah Ruhollah Khomeini of Iran. Hussein Khomeini, Ajami reports, "arrived in Najaf from Iran—to preach the virtues of secular rule." The account of this extraordinary visit concludes with the younger Khomeini congratulating Iraqis on their new liberty and even reminding them that their freedom is a gift from the Americans, and they should use their gift well.

The above account highlights one of several themes that run throughout the book, including:

- Shi'ism is of its essence Iraqi. In addition to the ancient animosities that Mesopotamians and Persians have toward each other, the Iraqi Shi'a are keen to cement Iraq and its holy cities as the sun around which all Shi'a planets revolve, including Iran. Iraqi Shi'a are the last ones who want to see Iranian proxies ruling in Baghdad.
- The illusion of an Iranian Shi'a monolith has caused the United States

to make significant mistakes in post-Saddam Iraq.

- Shi'ism is historically much more interested in scholarly and mystic pursuits than political domination, and the vast majority of Shi'a religious leaders much prefer to study ancient manuscripts in the libraries of their mosques than try to create and then run a theocratic state.
- The U.S.-led invasion of Iraq and the toppling of the Ba'athist regime in Baghdad constitute the latest and greatest threat to totalitarian Sunni Arab rulers from Morocco to the United Arab Emirates, because self-determination by an Arab population in that part of the world could foretell the eventual demise of authoritarian rulers throughout the region.
- The Sunnis in Iraq believe that control of their country and its resources is their birthright, and they are joined in that presumption by the rest of the Sunni world.
- Finally, Sunni rejection of the emancipation of the Shi'a and Kurds by the might of the American military machine, more than anything else, is why the Arab world in general wants so badly for the United States to fail in Iraq and sits on its hands watching while Arabs slaughter Arabs by the score in Baghdad on a daily basis.

As a strong apologist for U.S. policy in Iraq and the Middle East, the doors of power are open to Ajami,

having often advised the Bush administration, including Vice President Dick Cheney. Ajami's vocal support for the U.S. war effort has enraged his critics. His detractors also take him to task for his apparent anti-Sunni bias, which, given the history of the region, is not difficult to understand.

Ajami excoriates the Arab world for its hypocrisy and use of proxy wars in vain attempts to exorcise its own demons, citing the Israeli-Palestinian conflict, the Lebanese civil war, and finally the current violent unrest in Iraq as only the most recent examples. The author makes a strong argument that all of these conflicts should be viewed in the much larger context of the massive discontent throughout the Sunni Arab world. Individuals in the Middle East remain politically impotent and continue to chafe under the heel of elite ruling classes. These real frustrations, and countless imagined injustices, bubble up wherever a power vacuum occurs in the region. The greatest U.S. error, therefore, has been the failure to exert enough power at the outset of the conflict to keep a lid on these issues and better guide the incredible transition it has attempted to foment.

While offering a provocative diagnosis of the complex situation in which we find ourselves, "The Foreigner's Gift" offers little in the way of a prescription for the cure. By Ajami's own accounting, the American project in Iraq has put the Arab world on the edge of significantly uncharted terri-



tory, and those who want to see this experiment succeed are fighting a strong tide of regional status quo, fear-mongering, and anti-American hysteria.

Rarely do we, as military professionals, come across a work that presents a foreign culture and its historical baggage in a succinct and digestible manner. "The Foreigner's Gift" offers us a glimpse behind the veil of a foggy and secretive world that we desperately need to understand better. By extension, this work should force us to consider how little we know about other hotspots around the world. If we continue to fail to prepare for the historical and cultural contexts of our engagements, we will continue to have young officers echoing laments similar to that of Calhoun for years to come.

Editor's note: Truax is currently assigned as the U.S. Marine Corps Forces Command engineer, and he is also a qualified Latin America foreign area officer. This review originally was published on the Marine Corps Gazette Web site and is used here by permission.



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Safety

Warming your vehicle in an opened garage can lead to death

By Eileen Crayton
Safety Division

Do you start the car to let it warm up for a minute or two with the overhead garage door open in cold weather? It doesn't matter if the overhead door is opened or closed; gas exhaust fumes build to lethal concentrations in less than two minutes in the garage. If your garage is an attached garage, these fumes can quickly spread to your house. Deadly fumes emitted from vehicle exhaust include carbon monoxide, a colorless, odorless, tasteless, and non-irritating byproduct of incomplete combustion. Carbon monoxide is poisonous and, being odorless and colorless, cannot be seen or smelled and can kill a person in minutes. Carbon monoxide is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned. Hundreds of people

die each year from carbon monoxide produced from idling vehicles. Studies of human exposure have shown that motor vehicle exhaust is the most common source for regularly encountered elevated carbon monoxide levels.

Cold engines run rich. The catalytic converter is cold and not converting deadly carbon monoxide to carbon dioxide. Concentrations in the exhaust can be more than 80,000 parts per million. For healthy adults, CO becomes toxic when it reaches a level higher than 50 ppm with continuous exposure over an eight hour period. Concentrations so large fill the garage with carbon monoxide in a very short time even with the door open. Once the car is backed out of the garage and the garage door closed, large concentrations of gas still remain trapped in the garage. In a house built with an attached garage, part of the gas then seeps into the house where it

remains for hours.

Carbon monoxide can build up so quickly that victims are overcome before they can get help. Once inhaled, carbon monoxide:

- Decreases the capacity of blood to carry oxygen
- Can cause permanent brain damage
- Can cause chest pains or heart attacks in people with heart disease.

The initial symptoms of CO poisoning are similar to the flu, but without fever. They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

Many people with CO poisoning mistake their symptoms for the flu or are misdiagnosed which sometimes results in tragic deaths. Because CO replaces oxygen in the blood, it can make people feel sleepy. Or, if they are asleep, it

can prevent people from waking up. At higher concentrations, people can experience impaired vision and coordination, headaches; dizziness, confusion, and nausea. In very high concentrations, CO poisoning can cause death.

If you suspect CO poisoning, move the person to a place with fresh air immediately.

Take the person to an emergency room and tell them that you suspect carbon monoxide poisoning.

To prevent carbon monoxide poisoning from vehicles:

- Never run engines in a garage, even if the garage door is open.
- Make certain all vehicles are tuned up and running clean.
- Check and repair exhaust system leaks.
- When starting a car and leaving from the garage:
 - Make certain everyone is in the car and ready to leave.
 - Open the overhead garage

door before starting the car.

- Start the car and immediately back out.
- Shut the garage door.
- Immediately drive away. Consult the owner's manual for recommendations when driving with a cold engine.

- Buy UL listed carbon monoxide alarms and install them near sleeping areas and on every level of your home.

Carbon monoxide is a sneaky and silent killer. By educating ourselves on the dangers of CO we can reduce the health risk as well as save lives.

Carbon monoxide prevention also applies to home combustion sources, such as fuel fired heaters, gas stoves and fireplaces. For this reason, it is also known as the silent, cold weather killer. Be sure and check these CO sources for proper operation and maintenance.

Chaplain's Corner

Standing for something

By Cmdr. Ralph S. Douglas
MSG Bn. Chaplain

A wise man once said, "If we do not stand for something, we will fall for anything." Let's fly the American flag with pride remembering those who have sacrificed their lives to preserve the democratic way of life that we often take for granted. It disturbs me when I watch a ball game on television and see sports fans in an American stadium sitting when they should be on their feet or standing without their hand over their heart as a talented person sings the national anthem. I want to shout, "Wake up, stand up, and show respect for our great nation!"

Roosevelt prayed on the evening of June 6, 1944, before the D-Day invasion of Normandy, "Almighty God, our

sons, pride of our nation, this day have set upon a mighty endeavor; a struggle to preserve our republic, our religion, and our civilization, and to set free a suffering humanity. They fight to end conquest. They fight to liberate. They yearn but for the end of battle, for their return to the haven of home. Success may not come with rushing speed, but we shall return again and again; and we know by Thy grace, and the righteousness of our cause, our sons will triumph. Thy will be done, Almighty God, Amen."

President George W. Bush on June 1, 2002 said, "Wherever we carry it, the American flag will stand not only for our power, but for freedom. Our nation's cause has always been larger than our nation's defense. We fight, as we always fight, for a just peace, a

peace that favors human liberty. We will defend the peace against threats from terrorists and tyrants. We will preserve the peace by building good relations among the great powers, and we will extend the peace by encouraging free and open societies on every continent."

The American flag is a symbol of freedom. It is a beacon of hope. It is an emblem of the Unity of the United States of America. Let us stand with pride when it is raised. It should bring a tear to our eyes and a flutter to our hearts when we hear the national anthem. Let us remember the supreme sacrifice that valiant warriors have made to ensure a just and lasting freedom is ours today! God bless you! God bless the gallant men and women of the armed services! God bless America!

Schedule of Services

Services are held in the U.S. Marine Memorial Chapel unless otherwise stated. For information, call the command chaplain's office at (703) 784-2131.

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10:45 a.m. Quantico Community Christian Worship
Protestant Tradition

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Sunday

9 a.m., 12:30 p.m. Roman Catholic Mass

Monday - Friday

11:30 a.m. Roman Catholic Mass

ISLAMIC

Islamic Prayer Center, Building 3043

Friday

12:30 p.m. Weekly Jumah

Daily

1:15 p.m. Noon Duhr

JEWISH

Friday

8 p.m. Shabbat Evening Service, Fort Belvoir Main Post Chapel
Saturday (4th of each month)

10 a.m. Shabbat Morning Service, Fort Belvoir Main Post Chapel

For more information, call the Fort Belvoir Jewish Chaplain's Office at (703) 806-4196 or Quantico's Jewish Lay Leader, retired Lt. Col. Mike Haas, at (540) 657-5658.

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Middle school spelling bee champ decided

By Lance Cpl. Travis J. Crewdson
Combat Correspondent

Her mind struggles to focus. She blinks hard and scribbles feverishly on a note card. She can feel hundreds of eyes watching her. She makes up her mind and turns to face the judges. Stepping closer to the microphone, she speaks softly and carefully, "B-L-I-T-H-E." That is how 7th-grade student Elizabeth Mullins won the spelling bee. At that moment, she understood the definition of the word that took her to victory.

Quantico Middle School students had their spelling skills tested in a series of spelling bees leading up to the school championship in the school cafeteria Feb. 6.

The competition was judged by teachers with dictionaries to verify spelling and a bell to signal when a word was incorrect, which was quite effective at making the students dread its ring and cringe when it sounded.

To narrow the field for the championship, the students first competed against their own classmates for a chance to move on to the final showdown.

"(Daniel Mulhern, assistant principal at QMHS) came to our language arts

class and quizzed us," 13-year-old Mullins said. "The winners of each class competed at the school spelling bee and the runners-up were stand-ins if the winners weren't there."

"I spelled 'capillary' right this year," said 8th-grade student Elizabeth Mungie, runner-up in the overall competition. "Last year when we were tested in class, I got that same word, but spelled it wrong."

The students were given a book of possible words that would be used in the competition. This study guide did not hold all of the words that were used, but it contained words from various language backgrounds and words that used easily-forgotten spelling rules.

"I studied words from Greek, Latin, Spanish, old English and Slavic origins," Mungie said. "It helped because during the competition, you could ask for the origin of the word. That's how I figured some out, like some Spanish words have a 'Y' sound and are spelled with a double 'L.'"

"I just studied the words in the book to pick up on the sounds and spelling for the languages and what rules to use," Mullins said.



By Lance Cpl. Travis J. Crewdson

Seventh-grade student Elizabeth Mullins (right) won the Quantico Middle School spelling bee in three rounds with 8th-grade student Elizabeth Mungie (center) taking second place after another 10 rounds against 6th-grade student Raven Lee (left) Feb. 6.

"I also had my friends quiz me beforehand with some of those words."

Mullins said she was nervous because last year she missed her first word and lost right away.

"It felt good to win, but I was so nervous," she recalled. "I was nervous even when it wasn't my turn and when the runner-ups were competing. I was glad I didn't get some of the words they got."

After Mullins secured

her win in three rounds, Mungie and another student, 6th-grader Raven Lee, battled for second place through 10 more rounds before Mungie claimed victory.

"It was frustrating and I was so worried," Mungie said. "I was nervous trying to spell the words right, and I didn't want to lose after so many rounds."

All participants in the spelling bee received a certificate, and Mungie and

Mullins received plaques and an invitation to the Prince William County championship at Godwin Middle School March 9. While only Mullins will be allowed to compete, Mungie said she plans to attend to watch and in case she is needed as a stand-in.

After winning the competition with "blithe," Mullins should hope to avoid words like "disconsolate" in the county championship.

Candidates learn leadership traits at special course

OCS from page C1

model, which is made up of dirt, string and blocks that represent buildings and roads of the target area. This gave them a chance to grab some chow, rest their bodies, and check their blisters.

Once briefed, the candidates were filed outside to construct terrain models in the dirt. Even in an age of computers and global positioning satellites, it still comes back to what a Marine, or candidate, can accomplish with their own two hands.

At the command of a sergeant instructor, Dick and others fell into formation at breakneck speed. The group counted off to ensure all were accounted for.

As the candidates stood in line, a sergeant instructor walked down the row counting from one to five; this was to cut the platoon into groups. Each group would work on an obstacle as a team, with each candidate getting a chance to be the team leader.

As the candidates entered the compound, all they could see was a row of concrete walls.

The compound is made up of more than 20 obstacles which require candidates to transport ammunition boxes, casualties and even other candidates, over walls and other barriers. Each obstacle either had ropes, logs, or boards that could be used to help them accomplish their mission.

With only 10 minutes to complete each obstacle, the candidates were under extreme pressure. Adding to the already difficult situation, each obstacle had certain areas that were painted in red, which represent unexploded ordnances that, if touched, would eliminate a candidate from the mission for 60 seconds. This compounded the pressure even more.

"The idea is to put them in an uncomfortable situation," said Gunnery Sgt. Earl McFadden. "If they are always in their comfort zone, then they will always excel. When they are out of that comfort zone and can lead, that is what we are looking for."

Dick's group came up to their first obstacle and the sergeant instructor asked for a team

leader. Dick stepped up to the position.

The instructor at the obstacle gave Dick instructions on what was required to complete the mission and the time limit allowed.

Once the instructor told them to begin, Dick summoned his squad for a briefing about the mission. It was now his task to lead them to haul an ammunition box and his team over two high wooden walls without touching the red paint. This was a chance for Dick's leadership qualities to shine.

McFadden said the main objective of the LRC is to test the candidates' leadership skills; completing the obstacle is secondary.

"Stop, your time is up," could be heard over the loud speaker as the 10 minutes came to an end, Dick and his fellow candidates were able to take feedback from instructors on how well they lead their groups through the obstacle.

"I was told I did really well on the obstacle," said Dick. "I was told I was one of the only few to get the concept, but the only thing I should have done was post someone on security. They were all positive comments with one negative."

Community Events

QUANTICO EVENTS

The Clubs At Quantico

Officer and SNCO Lounges

Fridays at 4 p.m.

SNCO Club R&B night

Fridays from 10 p.m. to 2 a.m. at the SNCO Lounge

Wings & things

Wednesdays at 4 p.m.

DJ Night

Wednesdays at 4 p.m. at the Enlisted and SNCO Clubs.

Enjoy time with other service members. Free appetizers.

Colonel's Call

March 2 at 3:30 p.m. at the Officer's Club.

Quantico Officer Spouses Organizations' cooking class

Thursday

The Quantico Officer Spouses Organization is scheduled to hold its monthly event on Thursday at 11 a.m. This month's event is a cooking class. At the class, individuals will learn a new menu item, and will be able to take the opportunity to make new friends in a fun, relaxing setting. The class cost is \$25. Please

RSVP by Feb. 15 to Mary McDade at Merrymare@insightbb.com, and call (703) 221-1887 for directions.

Mardi Gras party

Feb. 22

The Single Marine Program is sponsoring a Mardi Gras party Feb. 22 from 6 to 11 p.m. at The Clubs AT Quantico. The free event is open to all single Marines and sailors stationed at Quantico. Food, games and prizes will be available. For more information, contact the Single Marine Program coordinator, Betty Mayfield-Currington at (703) 784-5626.

Quantico ladies' retreat

Feb. 23 through Feb. 25

The Women of the Chapel is sponsoring a Quantico Ladies' Retreat to White Sulphur Springs Feb. 23-25. At this retreat Brenda Pace will be speaking about being a military wife in today's world. The White Sulphur Springs is the Officers' Christian Fellowship eastern retreat center. The cost for the retreat is \$110 for the enlisted ranks; \$122 for warrant officers and the ranks of O-1 and O-2; and \$135 for civilians and ranks of O-3 and up. The cost includes two nights, six meals. Registration is open until Feb. 15. For more information, contact Melissa Wilkinson at chickyla123@yahoo.com.

Lifestyle, Insights, Networking, Knowledge & Skills

Quarters 206

Feb. 26 and Feb. 27

The Quantico Lifestyle, Insights, Networking, Knowledge and Skills organization is scheduled to have a team training session Feb. 26 and Feb. 27 from 9 a.m. to 2 p.m. At the session, individuals will learn Marine Corps history, tradition and language. They will also learn about benefits and services offered to military spouses, financial awareness, separation during deployments, tips on moving in the military from duty station to duty station.

LINKS empowers the military spouse because it's "The Spouses LINK to the Corps. For more information, call at (703) 784-1211, or visit www.quantico.usmc-mccs.org/Family_Services/links.htm.

QOSO Spring Fling

March 9

The Quantico Officer Spouses Organization is sponsoring a "Spring Fling" event March 9 at TBS's Hawk. This event will be an evening of fun for all military members. The cost is \$15 per person. The cost includes a barbecue dinner, and a free ticket for a bar beverage. There will be a silent auction and raffles. The proceeds will benefit the Scholarship Program, which is for any eligible military family member. RSVP by March 5 to Susan Gallagher at (703) 221-2330.

National Naval Officers Association fundraiser

Quantico
March 9

The National Naval Officers Association is hosting a scholarship fundraiser banquet March 9 at The Clubs AT Quantico. The banquet is scheduled to start at 6 p.m. Michael Mason, executive assistant director of the Federal Bureau Investigation will be the guest speaker. The uniform is evening dress or Blue Dress "A" and tickets are \$50 per person and fee includes meal. All proceeds will go toward the Chapter's scholarship fund. The Quantico Chapter of NNOA is a member of the Dollars for Scholars program. For more information, call Lt. Col. Dawn Harrison at (703) 784-2178.

Thrift Shop scholarship

Until April 3

Applications and governing rules for The Quantico Thrift Shop Scholarship are now available at the shop and can be picked up on Tuesdays and Thursdays from 10 a.m. to 12:30 p.m. The thrift shop is located at 3074 South Street. Applications must be returned to the thrift shop by April 3 before 12:30 p.m. Scholarships are only granted to graduating high school seniors who will be attending a college, university, or trade school. The seniors must also be a family member of an active duty service member stationed at Quantico, retired or deceased Marine living within a 25 mile radius of Quantico. For more information, contact The Quantico Thrift Shop at (703) 640-6047.

Old Dominion University Military Career Transition Program

The Quantico Command Education Center's Old Dominion University office is currently advising perspective and new students interested in the opportunities in education.

The Military Career Transition Program is a Master of Science/Licensure program in Education. Degrees and licensure are in secondary, middle school, and elementary education. ODU is a Virginia supported university that promotes the Troops to Teachers and the Spouses to Teachers programs. Active and retired veterans, military spouses, and civilians are eligible for the program. Courses are taught in multiple modes including live classroom, teletechnet, and online. Call the Quantico ODU office at (703) 630.2226 for information or to set up an appointment with the program advisor.

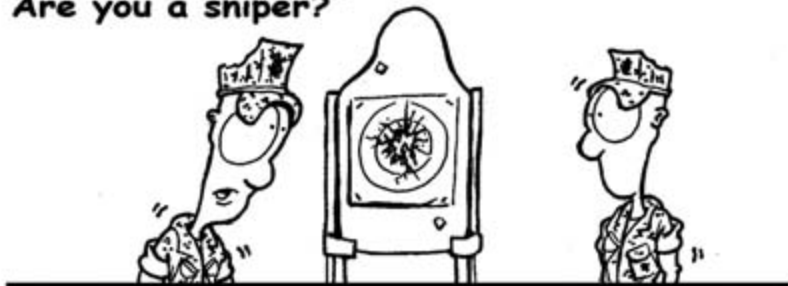
For more information on additional programs, visit the ODU Web site at www.odu.edu/mctp.

QOSO scholarship

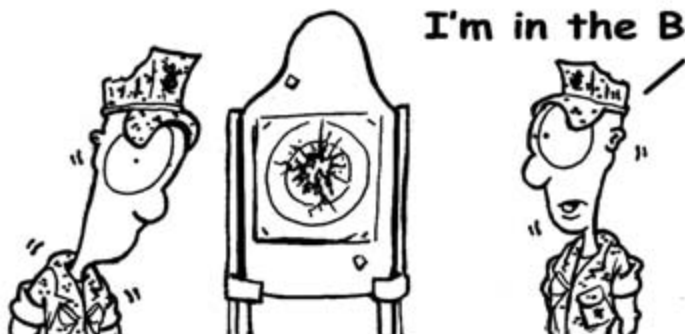
The Quantico Officers' Spouses' Organization is offering the 2007 Merit Scholarship to the following scholarship application for children of active duty, retired, or deceased military personnel, graduating from high school in 2007 or presently attending an undergraduate school. Applicants must reside within the Quantico or surrounding area at the time of application. For more information, visit QOSO.org.

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Sentry.Quantico@usmc.mil

Events run when space permits. Submissions must be received by 1 p.m. the Monday before publication.



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CENTEX HOMES

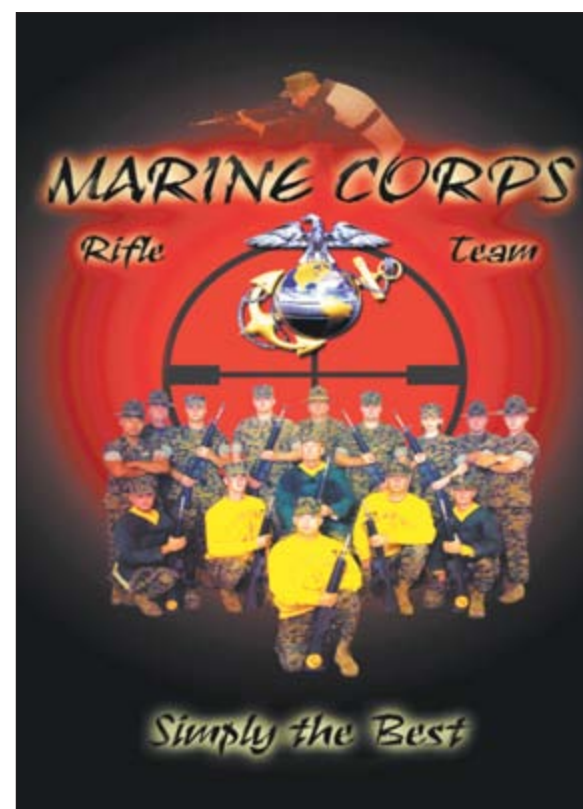
*Certain restrictions apply. Must register to win \$2,500 Best Buy Gift Certificates on February 17, 2007 at the Beazer Homes & Centex Homes Stafford Lakes community sales center and the K. Hovnanian Carriage Hills community sales center. Only one winner per household. See community sales manager for details.

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It gives me great pleasure in writing this letter of recommendation to the Comprint Military Papers. I was impressed with the excellent level of service rendered by Jenny Garnand, who assisted me in my advertisement of our clinical protocol. I was inexperienced in advertising and Jenny was very patient & helpful during that time. Our advertisement did extremely well and generated hundreds of responses for our study. I thank you for your professional assistance and look forward to working with you in the future.

Kelly Ernst,
Secretary/Contractor
NIDCR/PNMB 301-594-9724

KUDOS!!!!

To Jenny Garnand and the Comprint Military Publications staff for contributing to my smooth professional transition into the Washington DC and surrounding metro areas. Advertising in the "Professional Directory" in eleven of the weekly issues has resulted in tremendous response from both the military and civilian community. I am looking forward to a long and continued working relationship with Jenny and the surrounding communities.

Phyllis Houston
"The Résumé Expert"
301-574-3956

The Ads in Comprint Military Publications have increased our business tremendously & we could not do without them!
Thanks!

Joe Zipper
MILITARY FUNDING USA, INC
loansmilitary.com

Our law firm has had wonderful results by advertising to the military community through the Professional Directory.

As a law firm servicing military members and their dependents, these ads target our potential customer base and bring in about 75% of our new military clients.

The Professional Directory is an outstanding source for reaching military clients.

Larry N. Burch
The Law Office of
Burch & Burch-Rates, LLC
301-474-4468

This firm can only echo the accolades which Larry Burch bestowed upon your publication in prior issues. Though this firm is a friendly competitor to the firm of Burch & Burch-Rates, both firms have recognized the value of your Professional Directory and recognize that despite competitive ads, each firm receives significant new business in our continuing efforts to represent military clients and their families.

Stephen C. Glassman
Glassman & Bullock
301-670-9200

Classifieds

www.quantico.usmc.mil

Quantico Sentry

February 15, 2007

MILITARY CLASSIFIEDS

featuring the Quantico Marine Corps Base Sentry
Serving over 400,000 Military, Civilian and DOD personnel
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The Pentagon ■ Quantico MCB ■ Washington Navy Yard ■ Bolling AFB ■ Naval Academy ■ Walter Reed
■ Naval Medical Center ■ Marine Headquarters ■ Ft. Detrick ■ Patuxent Naval Air Station ■ Andrews Air Force Base

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1-888-670-7100 Ext.2540

Fax: (301) 670-2562

MARINE BASE QUANTICO ADS

Ads must be submitted in person at the Public Affairs Office 3250 Catlin Ave., Lejeune Hall, before 4:00 p.m. on Monday.

Government telephones may not be used in classifieds ads.

No more than four free ads will be published in one week.

Classifieds ads are regulated by MCO P5600.31. Active-duty military personnel, retirees, military family members, and DOD civilian employees may advertise the following at no charge.

Lost and found; give aways; notices of non-profit organizations officially sponsored by Marine Corps Base Quantico; offers of requests for rides to and from work; non-commercial offerings of personal property of the advertiser, and the offers to buy or sell housing facilities that are used by the advertiser. Such ads must not be listed with any commercial activity or real estate agency.

According to SECNAVINST 5720.44, the Quantico Sentry will not contain free classified ads containing services offered by and for personnel within the installation that are sustained business operations.

These advertisements may not appear:

- Childcare services
- Rental properties

• Home-based sales of Tupperware, Avon, Discovery Toys, Amway...

• Selling pets, purebred or otherwise. The one-time event of selling an animal because you are moving or cannot care for it is permitted; breeding and selling pets for profit is not.

• Anything involved in running a business, such as help-wanted ads

Ads not clearly printed or typed and signed will not be published. Ads may be republished by resubmitting the appropriate form to this office each week. The Quantico Sentry staff reserves the right to edit ads for space considerations.

In signing the form, individuals agree that items advertised will be made available for purchase, use or patronage without regard to race, creed, color, national origin, or sex of purchaser, user, or patron. A confirmed violation or rejection of this policy of equal opportunity from advertisers will result in the refusal to print the ad.

All advertisements for sustained business operations must be purchased through Comprint Military Publications, the civilian enterprise publisher. Contact Comprint for advertising placement information:

Classifieds 301-670-2505

Display ads 703-658-1790

*For Quantico Sentry questions call (703) 784-2741

015 Houses for Sale Virginia

FREDERICKSBURG- 3 BR w/opt for 4th, 3 lvl TH. Fndd E/U. 2 Decks. 2-Car driveway. Gar. Guest prkng. \$293,000. Call Dedra or Chris 540-228-3963 or 540-891-5596. We'll pay closing.

HOME SALE 4 BR 3BA in great Neighborhood. See Militarybyowner.com AD num:MB026202 for details.

SOUTH BRIDGE. By Quantico Base 5BR 3 1/2 BA with 2 Car Gar. Owner Finance. \$500,000. Call 703-906-2851

015 Houses for Sale Virginia

STAFFORD VA Spacious 2,400sq.ft. TH 3Lvl 3 1/2BA 3 BR. Hardwood floors, Family room fireplace. Garage. 10 minutes from Quantico Base close to VRE. Price Negotiable. Take a tour 703-586-2221

354 Miscellaneous

DIAMOND-TECH/RAPTOR Compound Bow W/12 Eastor Arrows, Sims Silencing System 5 Pin Kodak Sight and many extras. Asking \$450. OBO Call 703-628-3280.

354 Miscellaneous

LEONARD TONNEAU COVER W/ Quick releases. Fits any small Pick-up truck. Asking \$650. OBO call 703-628-3280

355 Miscellaneous for Sale

TV MAGNAVOX 13 inch Color. Cable ready with remote. Asking for \$50. Call Tami at 540-659-0314

385 Pets Supplies & Services

MINI DACHSHUND, 1 Year old Male, friendly, energetic, w/toys and supplies, reg. UKC, \$250 OBO. Call Meredith at 202-415-4806

395 Lost & Found

HAMILTON 2002 CHEVROLET WRISTWACH with EGA insignia on the face. Green watch band. Lost aboard MCB Quantico (main side) on or about 24 January. REWARD Call Ray at 585-704-6144

670 Domestic Cars

1999 MERCURY COUGAR, Black 5 speed Dual CD player excellent condition Runs Great 82,000 Miles. Very clean and well maintained \$6,000 Must See Call 703-505-6487 or 540-891-1986

670 Domestic Cars

2005 CHEVROLET TAHOE One Owner Only 51,000 Mile Excellent Condition. Must See. \$17,000 703-221-5842 or 571-221-5884

2005 CHEVROLET SILVERADO SUPER SPORT Only 16,000 Miles. Fiberglass Toneau Cover Spray-In Bedliner. Excellent Condition. \$26,000 703-221-5842 or 571-221-5884

Re-enlisting? Commissioning? Separating? Retiring? Moving? PCSing?

When Change Happens... Update DEERS & Sierra

Protect your family's health care! Make sure your family's information is correct or they could have difficulty getting care.

Update your information in DEERS & Sierra today!

Take your information or papers to the ID Card Issuing Facility or The Military/Unit Personnel Office or online: www.tricare.osd.mil/deers (address changes only) AND update Sierra at 1-888-999-5195 For eligibility questions call DEERS at 1-800-538-0002

Update DEERS Keep the benefits coming!



Birds of a Feather BRANCH TOGETHER!

Shared Branching

Marine FCU has joined over 1,300 credit unions to offer services to our members at over 2,300 locations across 44 states and 5 foreign countries. Shared branching is perfect for our members who are traveling or relocating out of our area. Effective January 8, 2007 you will be able to conduct your credit union business in a participating Credit Union Service Center. Visit www.cuservicecenter.com for more information.



800.225.3967 www.marinefederal.org



986898

018 Mountain Property

018 Mountain Property

The most affordable, large acreage mtn property this close to our Nation's Capital!! 20+ Acres starting at \$119,900 w/private river access and endless mtn views! Long term low rate financing available. Call 1-800-888-1262 now.

026 Rooms



AAFB/CLINTON- Room for rent in NS 3BR, 2.5BA SFH. CAC, W/D, fin W/O bsmt, off st prkg, 5mins to AAFB. Avail now. \$500/mo. + utils. 703-587-1422, lv mssg.

ARNOLD/ANNAPOLIS- rm in nice NS SFH w/amenities, female looking for the same, shared BA, 4mi to USNA. Avail now. \$550/mo. incl utils. 410-507-4568, lv mssg.

WOODBIDGE- Between Quantico & Belvoir, \$410/mo. all utilities included. Please leave msg w/area code & phone #. No lease or deposit. 703-494-8529

040 Lots/Acreage

12 Acres with 360° views just \$89,900. Imagine the perfect homesite for your own mountaintop retreat. Privacy & great roads. Rare Find with Town Water Call Today! 866-342-8635.

17 ACRES- LARGE TROUT STREAM \$199,900- STATE ROAD FRONTAGE A very RARE land offering over 1200 feet of a large private trout stream. Great low rate financing available. Call now, new to market. 1-877-777-4837

THE TIME IS NOW...

to call
301-670-2505
and place your
classified ad!

COMPRINT CLASSIFIEDS

Military Relocation...I CAN HELP!!

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Services: Sales, Rentals, Relocation Services, Market Analysis
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Weichert, Realtors



004 Real Estate Opportunities

NO RENT- \$0 DOWN HOMES Gov't & Bank foreclosures! No Credit O.K. \$0 to low Down! For Listings, (800)860-0573

009 Houses for Sale Charles County

WALDORF - 3 BR, 2.5 BA TH. Formal DR, lg kit. Fncd yd w/patio off kitch. All appliances. W/D. Grt nighbhd. 13 miles AAFB. 301-576-4011

013 Houses for Sale Prince George's County

NEW SINGLE FAMILY HOMES- in active (55 plus) community in historic Smyrna, Delaware, near Beach and Bays. From \$99,900. 302-659-5800 or see www.bonayrehomes.com

005 Real Estate Services

Grow Your Business?? Advertise in 120 newspapers across Maryland, Delaware, and DC, reach over 2.3 Million households for only \$430. For more information contact this Newspaper or call Mike Hiesener, MDCC Classified Networks, 410-721-4000, ext.19 or visit our website: www.mdccpress.com.

014 Houses for Sale St. Mary's County

LEONARDTOWN - 3 lg BR, 2.5 BA s/n on 1 acre lot. 2600 sf. Lg kit & LR w/FP. 2 car gar. Hrdwd & ceramic flrs. Shed. 2 heat pumps. 8 mi NAS. \$415,000. 301-994-2856

015 Houses for Sale Virginia



Woodbridge
Riverside Station
Offer at \$525,000

3 BR, 3.5 BA s/n. Gour kit w/dbl ovens, brkfst nook, frml LR & DR. FR w/surnd snd & gas FP, lg deck, fncd bkyrd, hrdwd flrs, cer tile, keyless gar entry. Wlk to Rippon St VRE & enjoy the sound of Neabasco Bay & bird sanctuary. HOA covers outdr pool, clubhouse, fitness cntr & bus cntr. ☺

Call
Robin Leitch, Realtor
Century 21 TEAM
Real Estate
703-496-9148



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big winner!



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first when you
advertise your
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301-670-2505

Relocating to Camp Lejeune or MCAS New River?



As stressful as relocating can be, it is comforting to know you have a friendly face and a professional team waiting to help you relocate to coastal Jacksonville, North Carolina. We can advise you on housing, lodging, restaurants, schools, medical and recreational facilities, as well as any special needs you may have. With several retired service members, spouses and locals on staff, we know the ins and outs of your relocating to eastern North Carolina.

"We are in the business of helping friends find houses to call home!"

For relocation assistance,
visit www.CarmenAndChristine.com
or call toll-free **1-877-386-4284**



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Others!
AD?

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TO PLACE YOUR AD!

DOLLARS FOR A RAINY DAY

A part-time job is the perfect way to make a little extra cash! Check the classifieds' employment section for the most current job listings!

COMPRINT CLASSIFIEDS
301-670-2540



Don Ratterree, Sr.

SEARCH FOR HOMES
www.donsellsva.com

VA NO MONEY DOWN
VA/FHA/CONV. NO MONEY
DOWN, SELLER PAYS
CLOSING COST!!!

Vets need no money down, Christmas in February, 4 yr old SFH, 3 BRs, 3 FBAs, LR w/FP, sep. DR, eat-in-kit, mstr. suite w/luxury BA, 2 decks, on one acre in lake front community.

ONLY \$169,950

FHA LOW DOWN

SELLER PAYS
CLOSING COST!!!

Vets need no money down, Mrs. Clean lives here and has to move quick! 3 BR, plus 2 BA, home with new paint, new carpet, new roof, and ready for you. Call this week to own this gorgeous home.

Only \$279,950

VETS GET BEST PAID

VA NO MONEY DOWN,
SELLER PAYS
CLOSING COST!!!

Vets need no money down. Should be music to your ears. 3 BR, Two full Bas, 1800 sq ft. Finished. FR, DR, kitchen, cathedral ceilings and so much more. If you snooze you could lose this beauty.

Only \$315,000

FHA LOW DOWN

DARE YOU TO
COMPARE THIS!!!

Vets need no money down. Nearly new executive home w/garage in great community. Brk frnt w/box bay window. 3 BRs, 4 BAs, deck, lg mstr suite. Frnt LR, DR, eat-in kitchen. FR w/FP. So much more!!

Only \$334,900

VA NO MONEY DOWN

HONEY STOP THE CAR
Brick executive, 5 BRs, 3 FBAs, SFH, frnt LR, separate DR, eat-in kitchen, hrdwds, FR w/FP. Lg lot. Fenced yd, screened porch. Cul-de-sac. Great location. Close to schools, commuter lots & shopping. Dare you to check this one out!

Only \$364,900

GOVERNMENT OWNED
HOMES AVAILABLE

Don Ratterree, Sr.
(Ex-Military)

Re/Max Allegiance

Each Office Independently
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CELL: 571-334-5048

040 Lots/Acreage

20+ Acres \$119,900 The most affordable, large acreage mtn property this close to our Nation's Capital! with private river access and endless mtn. Views! Long term low rate financing available. Call 1-800-888-1262 now

9 +/-AC \$116,900 40 MILE MTN VIEWS. Incredible mountain getaway, private Nation Forest and Trout Stream access. Perc. new survey, near Blacksburg VA Call owner direct at 1-877-202-2727

DEEP CREEK LAKE area 3 acres \$39,900 7.6 acres \$99,900 - subdividable Panoramic Currier & Ives views. Sportsman's Paradise. Minutes from 3 lakes & 4 ski resorts. Offers welcome. Call Today. 800-524-3064 www.americanacreage.com

FREE LIST of land bargains all over the US. 1 to 1000+ acres. Choose coastal, waterfront & mtn acreage all at bargain prices. Go to: NationalLandPartners.com/mtd

Mid Winter Sale! Golf Homesites Just \$89,900. MAKE NO PAYMENTS UNTIL 2008! Pristine wooded homesites. Spectacular golf community. Mountains of SC. Limited time offer. Call 866-334-3253, x 1188

MYRTLE BEACH, SC- NEW OFFERING WILD WING GOLF PLANTATION- LAKE FRONT AND GOLF COMMUNITY World Class Amenities, 27 Hole Championship Golf Course, Great Boating and Fishing, Central Location near Beach and 100+ Golf Courses, Medical and Shopping. No Time Limit to Build. NO PAYMENTS FOR ONE YEAR! Large Lake Front, Golf, Preserve and Resort Homesites from the \$130K's. Limited Offer. Hurry and Call 888-243-0133.

NC COASTAL (Ocean Isle Beach). Affordable 4BR 4BA Brick home, huge lot, close to beaches and waterway! Coastal Carolina Realty, Inc. Call 1-800-754-9019

NC, HOT SPRINGS. Gated residential community surrounded by National Forest. Paved roads, clubhouse, waterfall, pond, hiking trails and more. Lots starting at \$60K. Call 877-477-3473

VA MOUNTAINS Large 5 acre tracts along very wide trout stream with private elevated homesites, secluded, great view, trees, nearby river. \$59,500 owner 866-789-8535

040 Lots/Acreage

WV, DOLLY SODS 2 Acres adjoining almost 1 million acres of Monongahela National Forest. Just \$39,900! Great hunting or recreation property. Call owner: 866-403-8037

054 Houses for Rent

BRYANS ROAD - Beaut 3 BR, 2.5 EU TH. Quiet neighborhood. Grl schools. Cl to BAFF & AAFB. Avail now. \$1600/mo. 301-292-2969

WALDORF - 3BR, 2.5BA, 3LVL TH, E/I kit, W/D, finished bsmt, fenced yard, 15mins to AAFB. Avail now. \$1700/mo + utils + dep. 301-257-9419.

WALDORF - 3BR, 2.5BA Duplex in quiet court, CAC, W/D, eat-in kit, patio, gar, shed, frnt bk yd to woods, comm pool, 15mi to AAFB. Avail now. \$1450/mo. + utils. 301-392-3989, lv mssg.

WALDORF - 3 BR, 2 FBA, 2 HBA Townhome. Finished basement, fenced yard. 15 min from AAFB/BAFF. Avail now. \$1650/mo. 240-490-0632

057 Houses for Rent

GERMANTOWN - 3 BR, 4 BA 3 lvt TH. Fin bsmt. Freshly painted. 2nd flr FP. Remodeled kit. Stone patio. Assnd prkg. Easy commutes. Avail now. \$2350/mo. 240-604-6718

SILVER SPRING: 3 BR, 2 FBA Brick Rambler. Full Finished Basement. Heat/CAC. Near Metro/Shops. \$1750/mo. 301-996-1310

SILVER SPRING - NS 2 BR, 2 BA sfn on park. Sht wlk to Metro & shops. New kit & BAS, W/D, full bsmt w/walkout, new blinds, patio, off-st prkg, FP, frnt yd. 2 mi WRAMC-DC, 3 mi WRAMC-FG, 5 mi NMMC Bethesda. Owner managed. \$1,770/mo + utils. (301) 565-0092

058 Houses for Rent

BOWIE - 1900sqft 3BR, 2.5BA 2LVL Carriage house, 1 car gar, CAC, FP, W/D, 5mins to Metro, 20mins to AAFB. Avail 3/1. \$2000/mo. + utils. 301-390-1180, lv mssg.

CLINTON - 3 BR, upper-lvl house, MBR w/sep BA, E/I kit, sep DR, LR, \$600 ea rm. Angela 202-391-4062, Tom 240-876-6106 or lv mssg 301-868-3929.

LAUREL/Mayfair Terr. - 3 big BR, 2.5 BA, 3 lvt TH. FR, FP 2nd flr. New carpet/paint. W/D. Nr Hosp, Ft. Meade, UM. Avail now. \$1400/mo. 703-790-8253.

MITCHELLVILLE - 3 BR, 2.5 BA, 3 lvt TH, W/D, FP, nr metro, 10 mi AAFB, 15 BAFF. Avail 3/1/07. 301-336-3740 OR 240-472-8896. \$1600mo + utils.

065 Unfurnished Apt

LOTHIAN - Priv NS bsmt apt w/lg windows, in upscale SFH, 900 sqft, 1BR, 1BA, No pets. 10mins to AAFB, 20mins to DC. Avail now. \$850/ mo. incl utils. 202-288-8778.

069 Unfurnished Apt

NW, DC - 600 sq ft efficy. Full kit, W/D. Priv balc overlk Mass Ave. Concierge at frnt desk. 2 blks McPherson Sq metro. Avail now. \$1500/mo util included. 202-607-0389

079 Furnished Apt

ALEXANDRIA - NS newly renovated efficiency studio in high rise bldg for 1 person only, brand new leather furniture, 1BA, kit, CAC, HRWD flrs, lg W/I closet, huge window overlooking park, pool, gym, 5mi to Pent, Metro/Dash bus @ door. No pets. Avail now. \$1200/mo. incl utils. 239-248-2880.

089 Condos for Rent

ANNAPOLIS - Water Community, partially furnished NS 2 BR, 1.5 BA condo. Pool. 1 mile from downtown. No pets. \$1200/mo. Incl. utilities. 845-561-1281.

ARL/CCTY - new 1BR 1BA, D/W, W/D, Blcony, 42 TV, Pool, Gym, prkg. Shops on-site. 5 min Pent, Arprt & DC. Sht wlk Metro. \$1800/mo+utils. Avail 2/1. 703-623-9824.

OXON HILL, MD - 2BR, 1BA, CAC, mins to BAFF & AAFB. Avail now. \$1050/mo incl utils. 528-C2 Wilson Bridge Dr., Oxon Hill, MD. Call: 301-292-5972, 301-793-7951.

090 Shared Housing

ALEX - NS furn BR in 3 Lvl TH. Full hse priv, W/D Cable/Ph. 12 min FT Belv, 18 AAFB /Pent/ BAFF. \$550/m H. 781-721-6841 DSN 478-0760

WALKERSVILLE - 1 BR, kitchen priv., W/D. Internet. \$475/mo utilities included. Month-to-month lease. <10 min to Ft. Detrick. Avail now. 301-606-4698

091 Houses for Rent

ALEXANDRIA

Village At Gum Springs
\$1800/month
Spacious 4 BR, 2.5 BA end unit TH. 2 designated parking spots. Freshly painted. Renovated kit w/room for table. Attic with pull down ladder for storage. Washer and dryer included, dryer less than 1 yr old. Close to FT Belvoir. Pets negotiable. @
Tonya Pringle
Long & Foster
Cell: (571) 243-4103
Office: (703) 873-3500

091 Houses for Rent

BURKE - 4 BR, 2 BA sfn. New refrig & heat pump. W/D. 1 car gar. 2 decks. No pets. 16 miles to DC. Avail now. \$2000/mo + utilities. 703-352-0776

DUMFRIES - 2735 Myrtlewood Drive, 22026. 4 BR, 5 BA sfn. Fin bsmt. 2 car gar. Deck. Beautiful view. Avail Feb 1st. 202-231-8810 daytime only.

DUMFRIES - 4BR, 2BA, W/D, DW, frnt bk yd, pool, 15mins to Quantico, 30mins to Ft. Belvoir. Pets OK. Avail 3/1. \$1850/mo. + utils. 703-981-8356, 703-916-7629.

LOCUST GROVE - 3 BR, 2 BA sfn in Lake of the Woods. W/D, DW. \$1150/mo + elec. Lg deck, prkg, lg shed. Gated comm. Lake, beaches, tennis courts. 301 996-0185.

LORTON/Lorton Valley - 3 BR, 2.5 BA new TH. Gourmet kitchen w/granite cnttops, new appll, 1.5 mi I95 & VRE. 5 mi Ft. Belv. \$2500/mo. 703-470-4009. amina_one@hotmail.com

MCLEAN - school district - 4+ BR, 3 BA sfn. FR/den. Remodeled kit. W/D. Min to Pent, Ft. Myer, Tysons, beltway. Avail now. \$2500/mo. 703-577-0132. wkngwchrist@yahoo.com

092 Houses for Rent

NE, DC -3318 Ames Street. 2 BR, 1.5 BA sfn. Hrdwd flrs, fin bsmt. CAC, W/D. Frnt brk patio. End frnt porch. Shed. By RFK stadium. \$1500/mo. Avail now. 202-255-2628

101 Vacation Place Rent

CHINCOTEAGUE ISLAND, VA-Adorable TH loc on a cul-de-sac, adj to Maddox Blvd, w/ lg bkdy. Fully stocked kit. & furn - grt family get-away! A very shrt wlk to rests, shops, minigolf and go-carts. Approx 3/4 mi to bridge to Assateague Wildlife Refuge (where you will find the wild ponies & beach w/lifeguard) Hiking, biking, birdwatching & fishing haven! W/D, DW, CAC, cable TV, DVD. Back deck w/gas grill. More info: www.vacationrentals.com/vacation-rentals/2425.html or Chris Jacobs - 410-207-6876

NEAR SARASOTA, FL - lg beachfront furn 2BR, 2BA condo, priv beach, heated pool, covered prkg. Avail 4/07- 12/07. 3mo minimum. \$1800/mo. 703-335-6379, lv mssg.

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Full/partial weeks. Call for FREE brochure. Open daily. Holiday Real Estate. 1 800-638-2102. Online Reservation www.holidayoc.com

145 Business Opportunities

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy. All for \$9,995. 888-753-3452

245 Announcements



Slugging
Want to shorten your Commute??
Try "Slugging"

Slugging is a fast and free commuting option for thousands of commuters in N. VA and DC

Join the 6,000 people who slug each day!

T543126

Get more information at:
Slug-Lines.com

EXCHANGE PROGRAM REPRESENTATIVE - rewarding opportunity working with high school exchange students. Responsibilities include recruiting host families, supervising students and working with schools. Email resume or letter of interest to AsseUSAeast@asse.com

355 Miscellaneous for Sale

APPLIANCES - New Whirlpool refrigerator. White. \$250. New Frigidaire gas stove, white. \$250. 301-633-3074

DEEP DISCOUNT CIGARETTES - Newport \$27.49, Marlboro \$30.49, USA Gold \$20.99, Misty \$21.99, Seneca \$12.49, Generic \$11.49. 11 Main St., Salamanca, NY 14779 (18+) AllAmericanTobacco.com 800-503-3288

HOMEOWNERS WANTED! Kayak Pools looking for Demo homesites to display new maintenance free Kayak pools. Save thousands of \$\$ Unique opportunity. 100% financing available. 800-510-5624

SWIMMING POOLS - Warehouse Sale! Early buyers sale on all above ground swimming pools. Many pools to choose from. For example: 19x31 oval pool with deck, fence and filter for only \$1,180. Installation extra. Will finance. Cal now for free backyard survey! 888-590-6466

COMPRINT CLASSIFIEDS

Get Results!
Call
301-670-2505

245 Announcements



Slugging
Want to shorten your Commute??
Try "Slugging"

Slugging is a fast and free commuting option for thousands of commuters in N. VA and DC

Join the 6,000 people who slug each day!

T543126

Get more information at:
Slug-Lines.com

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COMPRINT CLASSIFIEDS

Get Results!
Call
301-670-2505

364 Equipment Sales

NEW FEATHERWEIGHT & SCOOTER - TYPE MOTORIZED WHEELCHAIRS at no cost to you if eligible. Medicare & private insurance accepted. ENK Mobile Medical. Call toll free 800-693-8896.

NEW POWER wheelchairs, scooters, hospital beds, **ABSOLUTELY NO COST TO YOU** if qualified. New lift chairs starting at \$599, limited time offer. Toll free 1-800-470-7562

410 Home/Lawn Services

HAS YOUR BUILDING SHIFTED? Structural repairs of barns, houses and garages. Call Woodford Bros., Inc. for straightening, leveling, foundations and wood frame repairs. 1 800 OLD-BARN www.1-800-OLD-BARN.COM "MHIC# 05-121561"

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413 Career Education

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9166 Finnegan St., Lorton, VA

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FREDERICKSBURG

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Visit: Take I-95 South to Exit 133 towards Falmouth. Make a right onto Rte. 1 South. Go over the Falmouth Bridge (Rappahannock River). Make a right onto Fall Hill Ave. Follow to a right on Wicklow Dr. Follow for 1/2 mi. to community on your right.

(571) 437-3978

PRINCE WILLIAM COUNTY

Eagles Pointe – SINGLE FAMILY HOMES FROM THE HIGH \$400'S.

Visit: I-95 South to Exit 152A (Rte. 234 East). Turn left onto Jefferson Davis Hwy (Rte. 1 North). Approx. 2 mi. to a left on American Eagle Blvd. to a left on Kramer Estates Dr. The model park will be on your right.

16366 Kramer Estate Dr., Woodbridge, VA

(866) 407-3822

Garrison Woods –

SINGLE FAMILY HOMES FROM THE MID \$400'S.

Visit: Take I-95 South to Exit 150A (619E/Joplin Rd. toward Triangle/Quantico). Follow to Rte. 1 North. Make a left onto Quantico Gateway Dr. Follow to model home on left.

4116 Agency Loop., Triangle, VA

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Visit: Take I-95 South to Exit 152A (Dumfries). Make a right onto Rte. 1 (Jefferson Davis Hwy). Go approx. 1 mi. to a left on Possum Point Rd. Proceed approx. 1 mi. to site on left.

17606 Summer Duck Dr., Dumfries, VA

(703) 221-8562

Lake Terrapin – SINGLE FAMILY HOMES FROM THE \$500'S.

Visit: Take I-95 South to Exit 152B (Rte 234 N). Go approx. 1 mi. to right on Spriggs Rd. Approx. 1 mi. to community on right – Lake Terrapin Dr. Model on left.

15132 Razorback Pl., Woodbridge, VA

(866) 407-3844

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156 Telegraph Rd., Stafford, VA 22554

(866) 407-3901

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156 Telegraph Rd., Stafford, VA

(866) 407-3901

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2085 Courthouse Rd., Stafford, VA

(866) 407-3928

Carriage Hills – SINGLE FAMILY HOMES FROM THE LOW \$300'S.

Visit: Take I-95 South to Exit 133 towards Falmouth. At Rte. 1 (Jefferson Davis Hwy) make a left on Rte. 1 North. Follow approx. ¼ of a mi. to a left on Truslow Rd. On Truslow Rd. the community will be approximately ½ mi. down on the left. Follow to sales center on your right.

34 Carriage Hill Dr., Stafford, VA 22405

(866) 407-3910

England Run Estates – SINGLE FAMILY HOMES FROM THE MID \$300'S.

Visit: I-95 South to Exit 133B, Rte. 17. Go 1 mi. and take a right on Plantation Dr. Follow to left on Lyons Blvd. Follow to right on Fletcher Dr. Model and sales center on left.

5 Fletcher Dr., Stafford, VA

(540) 371-5655

Poplar Estates – SINGLE FAMILY HOMES FROM THE LOW \$500'S.

2085 Courthouse Rd. Stafford, VA

(866) 407-3928

Willow Park – SINGLE FAMILY HOMES FROM THE LOW \$400'S.

Visit: Take I-95 South, merge on Exit 140. Make a left at stop sign onto Courthouse Rd. Make a left on Rte. 1 North. Make a right on Hope Rd. Community entrance will be on the left 1 mi. down Hope Rd.

5 Wiltshire Dr., Stafford, VA

(540) 288-9624

SPOTSYLVANIA COUNTY

Artillery Ridge – Single FAMILY HOMES FROM THE MID \$400'S.

Visit: I-95 South to Exit 126, Massaponax. Left on Rte. 1 North. Go 1 mi. to right on Mine Rd., then 1.4 mi. to left on Landsdowne Rd. Turn left onto Artillery Ridge Rd. Follow to a right on Howitzer Dr. to sales center on your left.

10911 Howitzer Dr., Fredericksburg, VA

(703) 930-8651

TOWNHOMES

FAIRFAX COUNTY

Laurel Highlands – TOWNHOMES FROM THE \$500'S.

Visit: I-95 South to Exit 163 at Lorton. Turn right onto Lorton Rd., then right at first light onto Silverbrook Rd. Follow to a right on Plaskett Ln. Sales centers on your left.

9166 Finnegan St., Lorton, VA

(866) 407-3817

PRINCE WILLIAM COUNTY

Katie's Grove – TOWNHOMES FROM THE UPPER \$300'S.

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8331 Leighlex Ct. Manassas, VA 20110

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Brenman Park Dr., Alexandria, VA 22304

(703) 751-4070

FAIRFAX COUNTY

Laurel Highlands – CONDOMINIUMS FROM THE HIGH \$200'S.

Visit: I-95 South to Exit 163 at Lorton. Turn right onto Lorton Rd., then right at first light onto Silverbrook Rd. Follow to a right on Plaskett Ln. to sales center on your left. For more information please call.

9160 Finnegan St., Lorton, VA

(866) 407-3817

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